

Backup

拍数: 64 墙数: 2 级数: Intermediate
编舞者: TeeKay (NL) - October 2009
音乐: Back It Up - Caro Emerald



Toe Touches, Step, Slide, Heel touches, Kick Ball Step

1&2& RF touch to right side, RF close next to LF, LF touch to left side, LF close next to RF
3,4 RF take big step to right side, LF slide next to RF (no weight)
5&6& LF touch heel forward, LF step back, RF touch heel forward, RF step back
7&8 LF kick forward, LF step next to RF, RF step slightly forward

Toe Touches, Step, Slide, Heel touches, Kick Ball Step

1&2& LF touch to left side, LF close next to RF, RF touch to right side, RF close next to LF
3,4 LF take big step to left side, RF slide next to LF (no weight)
5&6& RF touch heel forward, RF step back, LF touch heel forward, LF step back
7&8 RF kick forward, RF step next to LF, LF step slightly forward

Step, ¼ Turn Step, ¼ Turn Coaster Step, Step, Step, Rock Step

1,2 RF step forward, make ¼ turn right and LF step back
3&4 Make ¼ turn right and RF step back, LF step next to RF, RF step forward (06:00)
5,6 LF step forward, RF step forward
7,8 LF rock forward, weight back on RF

Sailor Step with ¼ Turn Left, Cross Rock, Sailor Step with ¼ Turn Right, Cross Rock

1&2 LF cross behind RF, make ¼ turn left and RF step to right side, :LF step to left side (03:00)
3,4 RF rock over LF, weight back on LF
5&6 RF cross behind LF, make ¼ turn right and LF step to left side, RF step to right side (06:00)
7,8 LF rock over RF, weight back on RF

Lock Step, Sweep step, Sweep step, Sweep step, Unwind, Kick, Touch

1&2 RF step slightly back, LF lock in front of RF, RF step slightly back
3,4 LF sway round from front to back and step behind RF, RF sway round from front to back and step behind LF
5,6 RF sway round from front to back and step behind LF, unwind ½ turn right (12:00)
7,8 RF kick diagonal right forward, RF touch diagonal left back

Kick & Cross, Step, Heel & Cross, ¼ Turn, ¼ Turn. Shuffle

1&2& RF kick diagonal forward, RF step next to LF, LF cross over RF, RF step to right side
3&4 LF dig heel diagonal left forward, LF step next to RF, RF cross over LF
5,6 Make ¼ turn right and LF step back, make ¼ turn right and RF step forward (06:00)
7&8 LF step forward, RF step next to LF, LF step forward ...(Point of Restart)

Mambo Step, Syncopated Mambo Step, Point, Weave Left, Side Rock

1&2 RF rock to right side, weight back on LF, RF step next to LF
&3&4 LF rock to left side, weight back on RF, LF step next to RF, RF point toes out to right side
5&6 RF cross behind LF, LF step to left side, RF cross over LF
7,8 LF rock to left side, weight back on RF

Lock step, Step, Touch, Step, Kick, Step, Point, Step, Kick Ball Change

1&2 LF step diagonal right forward, RF lock behind LF, LF step diagonal right forward
3&4 RF step diagonal right forward, LF touch next to RF, LF step diagonal left back
5&6& RF kick forward, RF step next to LF, LF point toes out to left side, LF step next to RF

7&8 RF kick forward, RF step on ball foot next to LF, take weight on LF (06:00)

RESTARTS: DURING walls 1, 3, 5 you do the dance until count 48, than restart!
