

Back In Time

拍数: 112 墙数: 1 级数: Intermediate / Advanced
编舞者: Rachael McEnaney (USA) & Guyton Mundy (USA) - April 2012
音乐: Back in Time - Pitbull : (iTunes etc.)



Count In: 48 counts from start of track. Approx 127bpm
Notes: There is 1 tag on 3rd wall (very obvious musically) - add Intro 1,
There is also a slight change to 4th wall - don't do Intro 1

Choreographer's NOTE: "OK everyone, we KNOW – 112 counts!! And we know you're thinking ARGH....
However all of the steps are reasonably easy, it hits the music perfectly all the way through, we hope you'll
give it a try – ENJOY!!!

- 1 - 8 INTRO 1: Snaps (up up down down), guitar strum with R arm, hip bumps LRL**
- 1 2 3 4 Stand with feet shoulder width apart:** 12.00
With right hand snap fingers up to left side (1), snap up to right side (2), snap down to left side (3), snap down to right side (4)
- 5 6 7 & 8 As if strumming a guitar: make big circle with right arm clockwise (5,6), bump hips to left (7), bump hips right (&), bump hips left (8)** 12.00
- NOTE:** On 4th wall – DO NOT DO THESE 8 COUNTS – go straight into the CHA CHA counts 9 - 17
- 9 - 17 CHA CHA: Side R, cross rock L, L chasse, rock back R, R shuffle,**
- 1 2 3 Step right to right side (1), cross rock left over right (2), recover weight to right (3),** 12.00
- 4 & 5 6 7 Step left to left side (4), step right next to left (&), step left to left side (5), rock back on right (6), recover weight onto left (7)** 12.00
- 8 & 1 Step forward on right (8), step left next to right (&), step forward on right (1)** 12.00
- 18 - 25 CHA CHA: Fwd rock L, L shuffle back, full turn R (travels back), R coaster step**
- 2 3 4 & 5 Rock forward on left (2), recover weight to right (3), step back on left (4), step right next to left (&), step back on left (5)** 12.00
- 6 - 7 Make ½ turn right stepping forward on right (6), make ½ turn right stepping back on left (7)** 12.00
- 8 & 1 Step back on right (1), step left next to right (&), step forward on right (1)** 12.00
- 26 - 33 CHA CHA: Hold, ball step, hold, ball step, step L, ¼ turn R, L cross shuffle**
- 2&3 4&5 Hold (2), step ball of left next to right (&), step forward on right (3), hold (4), step ball of left next to right (&), step forward on right (5)** 12.00
- 6 7 8&1 Step forward on left (6), pivot ¼ turn right (7), cross left over right (8), step right next to left (&), cross left over right (1)** 3.00
- 34 - 40 CHA CHA: ¼ turn L, ½ turn L, ½ pivot turn L, side R into shakes or shimmy**
- 2 - 3 Make ¼ turn left stepping back on right (2), make ½ turn left stepping forward on left (3),** 6.00
- 4 & 5 Step forward on right (4), pivot ½ turn left (&), step right to right side (5)** 12.00
- 6 7 8 Shake or shimmy option: Either shimmy shoulders for 3 counts, or shake 'booty/bum' for 3 counts (bring hands from thighs & up body for extra fun.** 12.00
- 41 - 48 INTRO 2: Back rock R, Step R, ½ pivot L, ¼ turn L into hip roll into ½ turn sailor cross**

1 2 3 4	Rock back on right (1), recover weight onto left (2), step forward on right (3), pivot ½ turn left (4)	6.00
5 – 6	Make ¼ turn left stepping right to right side as you begin to roll hips back counter clockwise (5), continue rolling hips (6)	3.00
7 & 8	Cross left behind right (7), make ¼ turn left stepping right next to left (&), make ¼ turn left as you cross left over right (8)	9.00
49 - 56	FUNKY: Step R, touch L, step L, touch R, cross rock R, ¼ turn R, ¼ turn R stepping L, touch R behind	
1 2 3 4	Take big step right (1), touch left next to right (2), take big step left (3), touch right next to left (4)	9.00
5 & 6	Cross rock right over left (5), recover weight to left (&), make ¼ turn right stepping forward on right (6)	12.00
7 - 8	Make ¼ turn right stepping left to left side (7), touch right behind left at same time imagine throwing a ball with R arm under L (8)	3.00
57 - 64	FUNKY: Side R, side L, ¼ turn R, ½ turn R, R coaster step, Walk L R	
1 – 2	Step right to right side opening body right (1), step left to left side opening body left (2),	3.00
3 - 4	Make ¼ turn right stepping forward right (3), make ½ turn right stepping back left (4)	12.00
5 & 6 7 8	Step back on right (5), step left next to right (&), step forward on right (6), step forward on left (7), step forward on right (8)	12.00
65 - 72	FUNKY: Rock fwd L, L sailor step making ¼ turn R, arm movement, hold, ball side rock with ¼ turns	
1 – 2	Rock forward on left (1), recover weight on to right (2),	12.00
3 & 4	Cross left behind right (3), make ¼ turn right stepping forward on right (&), step left to left side (4)	3.00
5 -6	Tilt upper body (from waist-to head) to left as you bring both hands up to either side of head with fingers spread (like “I Surrender”), hold (6)	3.00
& 7 8	Step right next to left (&), rock left to left side bending knees slightly (as you rock: look to front and swing right arm under left with fist clenched), make ¼ turn right as you recover weight onto right straightening knees (8)	6.00
73 - 80	FUNKY: Walk fwd LRL, rock fwd R, step back R (drag), hold, ball L, walk R L	
1 2 3	Step forward on left (1), step forward on right (2), step forward on left (3),	6.00
4 & 5	Rock forward on left (4), recover weight to right (&), take big step back on right sliding left towards right (5),	6.00
6 & 7 8	Hold (6), step ball of left next to right (&), step forward on right (7), step left foot forward but to left diagonal (to prepare for turn) (8)	6.00
TAG	Tag happens here on 3rd wall – simply do section 1-8 INTRO 1 then continue dance as below from 81-88.	6.00
81 - 88	FUNKY: Full turn R stepping RLR, step side L, full turn R into R chasse	
1 – 2	Make ¼ turn right stepping forward on right (1), make ½ turn right stepping back on left (2),	9.00
3 - 4	Make ¼ turn right stepping right to right side (3), step left to left side prepping body to left again (4)	6.00
5 - 6	Make ¼ turn right stepping forward on right (5), make ½ turn right stepping back on left (6)	9.00

7 & 8	Make ¼ turn right stepping right to right side (7), step left next to right (&), step right to right side (8)	6.00
89 - 96	FUNKY: Jazz box with ¼ turn L into L shuffle, R mambo ½ turn R, big step fwd L, touch R	
1 2 3 & 4	Cross left over right (1), step back on right (2), make ¼ turn left stepping forward left (3), step right next to left (&), step forward left (4)	3.00
5 & 6	Rock forward on right (5), recover weight to left (&) make ½ turn right stepping forward on right (6)	9.00
7 - 8	<i>Pushing off right foot) take big step forward on left leaning body slightly back (7), touch right next to left open body to right diagonal (8)</i>	9.00
97 - 104	FUNKY: Walk back RLR, hitch L, step fwd L, touch R, step back R, touch L (with arm move)	
1 2 3 4	Step back on right (1), step back on left (2), step back on right (3), hitch left knee (4) styling: open body to diagonals as you step back	9.00
5 & 6	Step forward on left (5), touch right next to left (6),	9.00
7 - 8	Step back on right as you put right hand behind head (7), put left hand behind head (&), touch left next to right as both hands push up & out to sides from behind head, <i>spread fingers (as if asking "what?")</i> This hits the lyrics in track "back (7), my (&), mind (8)"	9.00
105-112	FUNKY: Fwd L, ½ turn L hitching R knee, run back RLR, step fwd L, ¼ turn L, step back/out LRL	
1 - 2	Step forward on left (1), make ½ turn left on ball of left foot as you swing right leg up into a hitch (2)	3.00
3 & 4	Step back on right (3), step back on left (&), step back on right hitch left slightly for styling (4), (these 3 runs back are small)	3.00
5 - 6	Step forward on left (5), make ¼ turn left stepping right to right side (6)	12.00
7 & 8	Step back & slightly to side on left (7), step back & slightly to side on right (&), step left to left side shoulder width from right (8)	12.00

Contacts:-

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