

# Back it Up

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Judy Rodgers (USA) - July 2012  
音乐: Back It Up (Radio Edit) - Caro Emerald : (Album: Back it Up - iTunes)



## 32 count intro

### ROCK, RECOVER, WALK BACK (2), COASTER STEP, HOLD, BALL STEP

1-4            Rock R forward, recover L, walk back R, L  
5&6            Step R back, step L together, step R forward  
7&8            Hold, step on ball of L together with R, step R forward

### STEP PIVOT ¼, CROSS, TURN ¼, TURN ¼, TURN ½, SAILOR STEP

1-2            Step L forward, pivot ¼ right 3:00  
3-4            Cross L over R, turn ¼ left step R back 12:00  
5-6            Turn ¼ left step L to left side, turn ½ left step R to right side 3:00  
7&8            Step L behind R, step R to right side, step L to left side

### BALL STEP, HOLD, BALL ROCK, RECOVER (X 2)

&1-2            Step R beside L, step L to left side, hold  
&3-4            Step R beside L, rock L to left side, recover to R  
&5-6            Step L beside R, step R to right side, hold  
&7-8            Step L beside R, rock R to right side, recover to L

### CROSS, TURN ¼, SHUFFLE TURN ½, ROCK RECOVER, RUN RUN RUN

1-2            Cross right over left, turn ¼ right stepping back on left 6:00  
3&4            Turn ½ right shuffle R L R 12:00  
5-6            Rock L forward, recover to R  
7&8            Run back L R L

### STEP, DRAG, BALL CROSS, SIDE, CROSS ROCK, SHUFFLE TURN ¼

1-2            Big step back on R, drag L to R  
&3-4            Step on ball of L beside R, step R across L, step L to side  
5-6            Cross rock R across L, recover to L  
7&8            Turn ¼ right shuffle R L R 3:00

### ROCK, RECOVER, SHUFFLE TURN ½, KICK BALL POINT, BALL POINT, HOLD

1-2            Rock L forward, recover to R  
3&4            Turn ½ left shuffle L R L 9:00  
5&6            Kick R forward, step down on R, point L to left side  
&7-8            Step L beside R, point R to right side, hold

\*\*\* RESTART dance from beginning after 48 counts...3 times - on walls 1, 3, 5 (9:00, 3:00 and 9:00)

### STEP PIVOT ¼, CROSS, BACK, BACK, CROSS, BACK BACK

1-2            Step R forward, pivot ¼ left step on L 6:00  
3-5            Cross R over L, step L back, step R back  
6-8            cross L over R, step R back, step L back

### CROSS STEP, ROCK, RECOVER, SAILOR TURN ¼, SAILOR TURN ½, WALK

1-3            Cross step R over L, rock L to left side, recover to R  
4&5            Turn ¼ left sweep L behind R, step R to right side, step L slightly forward 3:00  
6&7            Turn ½ right sweep R behind L, step L to left side, step R slightly forward 9:00  
8                Step L forward

**Repeat**

**\*\*\* RESTART 3 times - walls 1, 3, and 5**

**Ending: Last wall - 7 (facing 6:00), dance counts 1-13....change count 14 to ¼ turn stepping forward to end at front**

---