

Back

拍數: 80 牆數: 4 級數: Phrased Low Intermediate
編舞者: Silvia Schill (DE) - February 2023
音樂: Back To You - Lost Frequencies, Elley Duhé & X Ambassadors



Sequenz: Intro/A, Tag, B*, BBB, A, BB

The dance starts after 16 beats with the vocals

Intro (= Part A) (1 wall)

A1: Point, cross, unwind ½ l, back, hook, step, lock, locking shuffle forward.

- 1-2 Tap right toe to right - cross RF over left
- 3-4 ½ turn left around on both balls, weight stays right - lift LF and cross in front of right shin (6 o'clock)
- 5-6 Step forward with left - cross RF behind left
- 7&8 Step forward with left - cross RF behind left and step forward left

A2: Rocking chair, step, pivot ½ l, step, hold

- 1-2 Step forward with right - weight back on LF
- 3-4 Step back with right - weight back on LF
- 5-6 Step forward with right - ½ turn left around on both balls, weight at the end left (12 o'clock)
- 7-8 Step forward with right - hold

A3: Vine l, side, touch/snap r + l

- 1-2 Step left with left - cross RF behind left
- 3-4 Step left with left - touch RF next to left
- 5-6 Step right with right - touch LF next to right/snap
- 7-8 Step left with left - touch RF next to left/snap

A4-A6: Repeat A1 - A3

- 1-24 Repeat A1 to A3 (12 o'clock)

Part B (4 wall; starts 1st time toward 12 o'clock)

B1: ¼ turn r, ¼ turn r, rock back, ¼ turn l, ¼ turn l, shuffle across

- 1-2 ¼ turn right around and step forward with right - ¼ turn right around and step left with left (6 o'clock)
- 3-4 Step back with right - weight back on LF
- 5-6 ¼ turn left around and step back with right - ¼ turn left around and step left with left (12 o'clock)
- 7&8 Cross RF far over left - small step left with left and cross RF far over left

B2: Point & point & heel & heel & rock forward, coaster step

- 1& Touch left toe to left side and move LF next to right
- 2& Touch right toe to right side and move RF next to left
- 3& Touch left heel forward and move LF next to right
- 4& Touch right heel forward and move RF next to left
- 5-6 Step forward with left - weight back on RF
- 7&8 Step back with left - move RF next to left and small step forward with left

Restart for B*: Stop here and start again from the beginning - 12 o'clock

B3: Rock forward, ½ turn r, ½ turn r, shuffle back, rock back

- 1-2 Step forward with right - weight back on LF
- 3-4 ½ turn right around and step forward with right - ½ turn right around and step back with left

5&6 Step back with right - move LF next to right and step back with right
7-8 Step back with left - weight back on RF

B4: Step, pivot ¼ r, cross, hold-side-behind-side-cross-side-touch-side-touch

1-2 Step forward with left - ¼ turn right around on both balls, weight at the end on right (3 o'clock)
3-4 Cross LF over right - hold
&5 Step right with right and cross LF behind right
&6 Step right with right and cross LF over right
&7 Step right with right and touch LF next to right
&8 Step left with left and touch RF next to left

Tag (1st wall; starts direction 12 o'clock)

Side, touch r + l

1-2 Step right with right - touch LF next to right
3-4 Step left with left - touch RF next to left
