

# Back for More

拍數: 48                      牆數: 2                      級數: Phrased Intermediate  
編舞者: Jennifer Choo (MY), Lai Nee (MY) & Cat Low (MY) - April 2025  
音樂: Back for More - TOMORROW X TOGETHER & Anitta



Phrasing: AA BB\* CC T B\* CCCC^

## Part A (16 counts)

### Set 1 R&L Kick and Point, Jazz Box

- 1&2                      (1) Kick RF fwd, (&) Step ball of RF next to LF, (2) Point LF to L 12:00  
3&4                      (3) Kick LF fwd, (&) Step ball of LF next to RF, (4) Point RF to R 12:00  
5-8                      (5) Cross RF over LF, (6) Step LF back, (7) Step RF to R, (8) Cross LF over RF 12:00

### Set 2 ½L Pivot, Fwd Lock Step, Fwd Rock Recover wt Body Roll, L Coaster

- 1-2                      (1) Step RF fwd, (2) ½L pivot shifting weight on LF 6:00  
3&4                      (3) Step RF fwd, (&) Lock ball of LF behind RF, (4) Step RF fwd 6:00  
5-6                      (5) Rock LF fwd and roll body forward, (6) Recover on RF and roll body back 6:00  
7&8                      (7) Step LF back, (&) Step RF together, (8) Step LF fwd 6:00

## Part B (16 counts)

### Set 1 Knee Rolls, Rolling Vine, Chasse ¼R, ¼R Turning Walks

- 1-2                      (1) Step RF to R diag fwd roll knee outwards, (2) Step LF to L diag fwd roll knee outwards  
12:00  
3-4                      (3) ¼R stepping RF fwd, (4) ½R stepping LF back 9:00  
5&6                      (5) ¼R Step RF to R, (&) Close LF next to RF, (6) ¼R Step RF fwd 3:00  
7-8                      (7) Step LF fwd, (8) ¼R Step RF fwd 6:00

### Set 2 Cross Side, Sailor Heel, Back Rock, Heel Swivel

- 1-2                      (1) Cross LF over RF, (2) Step RF to R 6:00  
3&4&                      (3) Step LF behind RF, (&) Step RF to R, (4) Dig heel of LF to diag L fwd, (&) Close LF next  
to RF 6:00  
5-6                      (5) Cross RF over LF, (6) Step LF to L 6:00  
7&8&                      (7) Step RF back, (&) Swivel L heel out, (8) Return L heel to centre, (&) Replace weight on  
LF 6:00

### For B\*, replace counts 4-8 of Set 2 with the following:

- 4-8                      (4) Step LF to L; (5) Raise straight R arm forward (palm down) – Raised to 45 deg angle  
(6) With L elbow bent, place L palm on R arm and press R arm down until chest level  
(7) Pop R knee in & tilt head & fingers on R hand showing OK sign to L  
(8) Straightened head and fingers to normal keeping weight on LF 12:00

## Part C (16 counts)

### Set 1 Cross Back, Back, Cross, Pony Step, ¼L Side Touch

- 1-4                      (1) Cross RF over LF, (2) Step back on LF, (3) Step back on RF open body to diag R, (4)  
Cross LF over RF squaring back to front

### Optional Arms (I can see you):

- (1) Point both index fingers to the opposite shoulders (RH □ LS, LH □ RS)  
(2) Change both fingers pointing to the same side shoulders (RH □ RS, LH □ LS)  
(3) Point both index fingers to eyes of the same side (RH □ RE, LH □ LE)  
(4) Point both index fingers fwd 12:00

- 5&6                      (5) Step RF back & lift L knee, (&) Step ball of LF next to RF, (6) Step RF back & lift L knee

### Optional Arms (Coming back): Starting with both arms next to hips palms facing fwd, bent elbows twice signal to 'come back' on counts 5 and 6 (straighten arms on count &) 9:00

- 7-8                      (7) ¼L Step LF to L, (8) Touch RF next to LF 9:00

**Option Arms (For more): Push both arms down next to thighs**

**Set 2 Pony Step, ¼L Side Touch, Walk Around**

1&2 (1) Step RF back & lift L knee, (&) Step ball of LF next to RF, (2) Step RF back & lift L knee

**Optional Arms (Coming back): As 5&6 in Set 1 9:00**

3-4 (3) ¼L Step LF to L, (4) Touch RF next to LF

**Option Arms (For more): As 7-8 in Set 1 6:00**

5-8 (5) ¼R Step RF fwd, (6) ¼R Step RF fwd, (7) ¼R Step RF fwd, (8) ¼R Step RF fwd 6:00

**Tag (seems a lot BUT NOT difficult!)**

**Set 1 Hand and Hip motion**

1-4 Reach RH fwd and turn R palm clockwise like grabbing something 12:00

5-8 Hip roll clockwise

**Set 2 Samba Whisk, 2 Samba Walks, Rocking Chair**

1-a2 (1) Step RF to R, (a) Step ball of LF slightly behind RF, (2) Recover on RF 12:00

3-a4 (3) Step LF to L, (a) Step ball of RF slightly behind LF, (4) Recover on LF 12:00

5-6 (5) Step RF fwd, (6) Step LF fwd 12:00

7&8& (7) Rock RF fwd, (&) Recover on LF, (8) Rock RF back, (&) Recover on LF 12:00

**Set 3 Full Samba Diamond**

1-a2 (1) Cross RF over LF, (a) Step LF to LF, (2) ½ R Step RF back and hitch L knee 1:30

3-a4 (3) Step LF back, (a) ½R step RF to R, (4) ½R Cross LF over RF 4:30

5-a6 (5) Step RF fwd, (a) ½R step LF to L, (6) ½R Step RF back and hitch L knee 7:30

7-a8 (7) Step LF back, (a) ½R step RF to R, (8) ½R Cross LF over RF 10:30

**Set 4 Hip Bumps & Hip Rolls**

1&2 Step RF to R and bump hips to R 2x 10:30

3&4 Shift weight to LF and bump hips to L 2x 10:30

5-6 (5) ¼R Step RF fwd and roll hips forward, (6) Roll hips backward 1:30

7-8 (7) Roll hips forward, (8) Roll hips backward 1:30

**Set 5 Full R Volta Turn, Full L Volta Turn**

1&2& A (1) ½R Cross RF over LF, (&) Lock LF behind RF, (2) ¼R Cross RF over LF, (&) Lock LF behind RF 6:00

3&4 (3) ¼R Cross RF over LF, (&) Lock LF behind RF, (4) ¼R Cross RF over LF 12:00

5&6& (5) ¼L Cross LF over RF, (&) Lock RF behind LF, (6) ¼L Cross LF over RF, (&) Lock RF behind LF 6:00

7&8 (7) ¼L Cross LF over RF, (&) Lock RF behind LF, (8) ¼L Cross LF over RF 12:00

**Set 6 Chugs with C-Bumps**

1& (1) ½L tap RF to R and bump R hip upwards with knees straight, (&) Recover 10:30

2& (2) Bump R hip downwards with R knee slightly bent, (&) Recover

3&4& Repeat 1&2& 9:00

5&6& Repeat 1&2& 7:30

7&8& Repeat 1&2& 6:00

**Set 7 Reverse Chugs**

1 (1) ½L LF chug to L 4:30

2-7 (2-7) Repeat until complete full turn L 7:30

8 (8) ½L Step LF to L 6:00

**^Ending: On the last C, dance until count 4 of Set 2, then do the following:**

5-6 (5) Step RF to R, (6) Step LF to L 12:00

7 (7) Final Pose of your choice! 12:00

Note: Refer to choreographers' videos for the styling ☐ Have fun and dance with you soon!

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