

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!
