

Backup Plan

拍數: 32 牆數: 4 級數: Improver
編舞者: Harold Deiters (USA) - May 2025
音樂: Backup Plan - Bailey Zimmerman & Luke Combs



Dance starts 32 counts (16 seconds) after first beat. (turning clockwise)
Restart on wall 3 after 12 counts and wall 4 after 16 counts

[1-8]: Back Lock Step, Back Lock Step, Coaster Step, Run, Run, Run -

1&2 Step back right (1), lock left across right (&), step back right (2),
3&4 Step back left (1), lock right across left (&) step back left (2),
5&6 Step back right (5), step left beside right (&), step forward right (2),
7&8 Step left forward (7) right forward (&), step left forward (8)

[9-16]: Sugar Foot, Sugar Foot, Jazz Box 1/8 (2x) -

1&2 Right toe (1), heel (&), stomp (2)
3&4 Left toe (3), heel (&) stomp (4),

Restart here on the 3rd wall. (Facing 6:00 wall)

5&6& Cross right over left (5), step back left (&), 1/8 turn right step down on right (6), step left next to right (&),
7&8& Cross right over left (7), step back left (&), 1/8 turn right step down on right (8), step left next to right (&),

Restart here on the 4th wall. (Facing 9:00 wall)

[17-24]: Walk, Walk, Anchor Step, ½ Turn, ½ Turn, Coaster Step

1,2 Step right forward (1), Step left forward (2)
3&4 Step right behind left (3), Step left in place, (&) Step back on right (4),
5-6 ½ turn left, step left forward (5), ½ turn left Step right back (6)
7&8 step back left (7), step right next to left (&), step left forward (8).

[25-32]: Lock step, Lock step, Mambo, Coaster Step Cross-

1&2 Step right diagonally to the right (1), lock left behind right (&), step right (2),
3&4 Step left diagonally to the left (3), lock right behind left (&), step left (4),
5&6 Step forward right foot, step in place left foot, step right foot beside left foot.
7&8 Step back left (5), step right beside left (&), cross left across right (8),

Have fun and dance on.