

# Backup Plan

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Ashley Pelletier (CAN) - May 2025  
音樂: Backup Plan - Bailey Zimmerman & Luke Combs



**INTRO: 20 counts**

**Sequence: 32 – 32 – Tag 1 – 16 – 32 – Tag 1 – Tag 2 – 32 – Tag 2 – Tag 1**

**[1-8] HEEL, TOUCH, TOE, SCUFF, STEP-LOCK-STEP, SCUFF, STEP-LOCK-STEP, SCUFF, STEP, SWIVEL**

1&2&      R Heel fwd, touch R next to L, R toe back, scuff R next to left  
3&4&      RF fwd, lock LF behind right, RF fwd, scuff LF next to right  
5&6&      LF fwd, lock RF behind left, LF fwd, scuff RF next to left  
7&8      RF fwd, Swivel both heels to right, swivel both heels back to center put weight on left

**[9-16] BACK-LOCK-BACK, BACK-LOCK-BACK, ¼ TURN RIGHT STEP OUT, OUT, KNEE ROLLS IN & OUT**

1&2      RF back, lock LF in front of right, RF back  
3&4      LF back, lock RF in front of left, LF back  
5-6      While turning ¼ turn to right step RF to right, step LF out left  
7-8      Roll both knees inward and outward, place weight on left

**[17-24] BALL FWD, ¼ TURN LEFT SWIVEL, TRAVELING APPLEJACKS LEFT, SAILOR STEP 2X**

1-2      R Ball of foot fwd, lift both heels and swivel to right while turn ¼ turn left  
3&4&      While traveling to left; swivel both toes in, out, in, last count R toes out (&)  
5&6      Cross RF behind left, step LF to left, step RF to right  
7&8      Cross LF behind right, step RF to right, step LF to left

**[25-32] VAUDEVILLE, CROSS, ¾ UNWIND LEFT, STOMP RL or FULL SPIN**

1&2&      Cross RF over left, step LF to left, R heel touch diagonal right, step RF to center  
3&4&      Cross LF over right, step RF to right, L heel touch diagonal left, step LF center  
5-6      Cross RF over left and turn ¾ over left shoulder keeping weight on left  
7-8      Stomp RF, stomp LF or optional spin

**\*\*Optional Full Spin counts 7-8\*\* Using momentum of counts 5-6 Make a full spin L over L shoulder for 2 counts bringing RF beside LF, maintain weight on LF**

**TAG 1: [1-12] BODY ROLL BACK, COASTER STEP, SCUFF, HITCH, ¼ TURN L STEP R, SAILOR STEP, JAZZBOX**

1-2      Step RF back adding body roll, touch LF slightly in front of right  
3&4      Step LF back, step RF next to left, step LF fwd  
5&6      Scuff RF next to left, hitch R knee up, making a ¼ turn left step RF to right  
7&8      Cross LF behind right, step RF right, step LF left  
9-12      Cross RF over left, step LF back, step RF right, step LF next to right

**TAG 2: [1-8] BODY ROLL BACK, COASTER STEP, SCUFF, HITCH, ¼ TURN L STEP R, SAILOR STEP**

1-2      Step RF back adding body roll, touch LF slightly in front of right  
3&4      Step LF back, step RF next to left, step LF fwd  
5&6      Scuff RF next to left, hitch R knee up, making a ¼ turn left step RF to right  
7&8      Cross LF behind right, step RF right, step LF left