

Back It Up

32 count, 2 wall, intermediate level

Choreographer: Darren Bailey (UK), Raymond Sarlemijn (NL), Sept 2012

Choreographed to: "Back It Up" by Caro Emerald

Section 1 Walk x2, 3/4 Chase Turn L, Syncopated Weave R, 1/4 Turn R

1-2 Step forward on RF, step forward on Lf

3&4 Step forward on RF, make a 1/2 turn pivot L, make a 1/4 turn L and step RF to R side

5&6& Cross Lf behind RF, step RF to R side, cross Lf over RF, step RF to R side

7-8 Cross Lf behind RF, make a 1/4 turn R and step forward on RF

Section 2 1/2 Chase Turn R, 1/2 Turn L x2, 1/4 Turn L Bump To R, 1/2 Turn L Bump To L

1&2 Step forward on LF, make a 1/2 turn pivot R (weight ends on RF), step forward on LF

3-4 Make a 1/2 turn L and step back on RF, make a 1/2 turn L and step forward on LF

5-6 Make a 1/4 turn L and touch RF to R side at the same time bump hip up to R, step down onto RF

7-8 Make a 1/2 turn L and touch LF to L side at the same time bump hip up to L, step down onto LF

Section 3 Cross, Back, Side, x2, Walk x2, Out, Out, In, Cross.

1&2 Cross RF over LF, step back on LF, step RF to R side

3&4 Cross LF over RF, step back on RF, step LF to L side

5-6 Step forward on RF, step forward on LF

7&8& Step RF to R side, Step LF to L side, Step RF into centre, cross LF over RF

Section 4 1/4 Turn R, Step Forward, Pivot 1/2 Turn L, 1/2 Turn L Stepping Back, Walk Back x3, Close

1-2 Make a 1/4 turn R and step forward on RF, step forward on LF

3-4 Make a 1/2 turn pivot R (weight ends on RF), make a 1/2 turn R and step back on LF

5-6 Step back on RF, step back on LF

7-8 Step back on RF, close LF next to RF

(Feel free to add you own styling to the walk backs)

Start again

Quelle:

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