



Approved by:



# Back And Forth

## 4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 & 2 & 3 & 4 5 & 6 & 7 & 8	<b>Heel Strut x 2, Forward Lock Step, Heel Strut x 2, Forward Lock Step</b> Step right heel forward. Drop right toe taking weight. Step left heel forward. Drop left toe taking weight. Step right forward. Lock left behind right. Step right forward. Step left heel forward. Drop left toe taking weight. Step right heel forward. Drop right toe taking weight. Step left forward. Lock right behind left. Step left forward.	Heel Strut Heel Strut Right Lock Right Heel Strut Heel Strut Left Lock Left	Forward
<b>Section 2</b> 1 & 2 & 3 & 4 & 5 & 6 7 & 8	<b>Forward Mambo Hitch, Back Hitch, Back Hitch, Step Pivot 1/4 Cross</b> Rock forward on right. Rock back on left. Step right back. Hitch left. Step left back. Hitch right. Step right back. Hitch left. Step left back. Step right beside left Step left forward. Step right forward. Pivot 1/4 turn left. Cross right over left. (3:00)	Mambo Forward Hitch Back Hitch Back Hitch Coaster Step Step Pivot Cross	On the spot Back On the spot Turning left
<b>Section 3</b> 1 & 2 3 & 4 5 & 6 & 7 & 8 &	<b>Scissor Step x 2, Side Together Step Scuff, Walk And Clap x 2</b> Step left to left side. Step right beside left. Cross left over right. Step right to right side. Step left beside right. Cross right over left. Step left to left side. Step right beside left. Step left forward. Scuff right forward. Step right forward. Clap. Step left forward. Clap.	Left Scissor Right Scissor Side & Step Scuff Walk Clap Walk Clap	Forward
<b>Section 4</b> 1 & 2 3 & 4 5 & 6 7 & 8	<b>Mambo 1/2 Turn, Triple 1/2 Turn, Back Lock Step, Coaster Step</b> Rock forward on right. Rock back on left. Turn 1/2 right stepping right forward. Triple step 1/2 turn right on the spot, stepping - left, right, left. (3:00) Step right back. Lock left across right. Step right back. Step left back. Step right beside left. Step left forward.	Mambo Half Triple Half Back Lock Back Coaster Step	Turning right Back On the spot
<b>Ending</b> 7 & 8	<b>Wall 7, Section 2 (facing 6:00): to end facing front</b> Step right forward. Pivot 1/2 turn left. Step right forward.		

**Choreographed by:** Sue Smyth (UK) August 2014

**Choreographed to:** 'Walkin' The Floor Over Me' by Alan Jackson from CD Don't Rock The Jukebox download available from amazon or iTunes (16 count intro)



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)