

Back It Up

32 Count, 4 Wall, Improver

Choreographer: Mary Phillips (Aug 2013)

Choreographed to: Back It Up by Caro Emerald

Start on vocals

Scuff, Hitch, Step Back, Back Left Coaster Step X2

- 1&2 scuff right foot forward, hitch right knee up, step back on right foot.
3&4 step back on left foot, step right next to left, step left foot forward.
5&6 scuff right foot forward, hitch right knee up, step back on right foot.
7&8 step back on left foot, step right next to left, step left foot forward.

Pivot 1/4, Twist 1/4, Coaster Step, Step Slide

- 1-2 step right foot forward, pivot 1/4 to the left. (weight on left)
3&4 twisting heels left, right, left. making a 1/4 turn right (weight on left)
5&6 step back on right foot, step left next to right, step right foot forward.
7-8 step left forward, slide right next to left and take weight.

Restart here on wall 10 facing 12 o'clock, dance first 16 counts, then Restart
Instead of taking weight on count 8, just touch right

Point Hitch 1/4 Turn Step, Paddle 1/2, Heel Jack, Cross Shuffle.

- 1&2 point left toe forward, small hitch up, turn 1/4 left and step left forward. (9 O'clock)
3&4& step forward On the ball of right foot, turn 1/4 left, Repeat
5&6& cross right over left, step right foot slightly back, touch right heel diagonal, step right next to left.
7&8 cross left over right, step right to the right side, cross left over right.

Turn 1/4 Turn 1/4, Step And Bump, Turn 1/2 And Bump, Forward Rock And Touch Back

- 1-2 stepping back on right foot turn 1/4 ccw. turning 1/4 ccw step left foot forward.
3&4 step right foot forward, bump hips RLR. (weight on right)
5&6 turning 1/2 left step left forward and bump hips LRL (weight on left)
7&8 rock forward on right, back on left, touch right toe back.

Begin again and have fun.