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Backup

INTERMEDIATE

64 Count 2 Walls Choreographed by: TeeKay

Choreographed to: Back It Up by Caro Emerald

1 1 & 2 & 3,4 5 & 6 & 7 & 8	Toe Touches, Step, Slide, Heel touches, Kick Ball Step RF touch to right side, RF close next to LF, LF touch to left side, LF close next to RF RF take big step to right side, LF slide next to RF (no weight) LF touch heel forward, LF step back, RF touch heel forward, RF step back LF kick forward, LF step next to RF, RF step slightly forward
2 1 & 2 & 3,4 5 & 6 & 7 & 8	Toe Touches, Step, Slide, Heel touches, Kick Ball Step LF touch to left side, LF close next to RF, RF touch to right side, RF close next to LF LF take big step to left side, RF slide next to LF (no weight) RF touch heel forward, RF step back, LF touch heel forward, LF step back RF kick forward, RF step next to LF, LF step slightly forward
3 1,2 3 & 4 5,6 7,8	Step, 1/4 Turn Step, 1/4 Turn Coaster Step, Step, Step, Rock Step RF step forward, make 1/4 turn right and LF step back Make 1/4 turn right and RF step back, LF step next to RF, RF step forward (06:00) LF step forward, RF step forward (or make full turn right forward stepping LF, RF) LF rock forward, weight back on RF
4 1 & 2 3,4 5 & 6 7,8	Sailor Step with 1/4 Turn Left, Cross Rock, Sailor Step with 1/4 Turn Right, Cross Rock LF cross behind RF, make 1/4 turn left and RF step to right side, LF step to left side (03:00) RF rock over LF, weight back on LF RF cross behind LF, make 1/4 turn right and LF step to left side, RF step to right side (06:00) LF rock over RF, weight back on RF
5 1 & 2 3,4 5,6 7,8	Lock Step, Sweep step, Sweep step, Unwind, Kick, Touch LF step slightly back, RF lock in front of LF, LF step slightly back RF sway round from front to back and step behind LF, LF sway round from front to back and step behind RF RF sway round from front to back and step behind LF, unwind 1/2 turn right (12:00) RF kick diagonal right forward, RF touch diagonal left back
6 1 & 2 & 3 & 4 5,6 7 & 8	Kick & Cross, Step, Heel & Cross, 1/4 Turn, 1/4 Turn. Shuffle RF kick diagonal R forward, RF step next to LF, LF cross over RF, RF step to right side LF dig heel diagonal left forward, LF step next to RF, RF cross over LF Make 1/4 turn right and LF step back, make 1/4 turn right and RF step forward (06:00) LF step forward, RF step next to LF, LF step forward (point of restart)
7 1 & 2 & 3 & 4 5 & 6 7,8	Mambo Step, Syncopated Mambo Step, Point, Weave Left, Side rock RF rock to right side, weight back on LF, RF step next to LF LF rock to left side, weight back on RF, LF step next to RF, RF point toes out to right side RF cross behind LF, LF step to left side, RF cross over LF LF rock to left side, weight back on RF
8 1 & 2 3,4 5 & 6 & 7 & 8	Lock step, Step, Touch, Step, Kick, Step, Point, Step, Kick ball change LF step diagonal right forward, RF lock behind LF, LF step diagonal right forward RF step diagonal right forward, LF touch next to RF LF step diagonal left back, RF step next to LF, LF point toes out to left side, LF step next to RF RF kick forward, RF step on ball foot next to LF, take weight on LF (06:00)
	During wall 1, 3, 5 you do the dance until count 48, than restart !