

Trackback

48 Count, 4 Wall, Improver

Choreographer: Jackie Lynn (UK) Jan 2013

Choreographed to: Backtrack by Rebecca Ferguson
(iTunes)

1 Kick forward, kick side, ¼ sailor turn, rock forward, recover, right coaster cross

- 1 - 2 Kick L forward, kick L to left side
3&4 Step L behind R making ¼ left, step R to right side, step L to left side (9 o'clock)
5 - 6 Rock forward on R, recover L
7& 8 Step back on R, step L next to R, cross R over L

2 Side rock, behind side cross, sway, sway, step back, kick forward

- 9 - 10 Rock out L to left side, recover R
11&12 Step L behind R, step R to right side, cross L over R
13 -14 Step R to right, move hips to right, step L to left, move hips to left
15 -16 Step back on R, kick forward L

3 Shuffle backwards x 2, left coaster step, prissy walks forward

- 17&18 Step back L, close R beside L, Step back L
19&20 Step back R, close L beside R, step back R
21&22 Step back L, step R next to L, step forward L
23 -24 Cross step R over L, cross step L over R

4 Kick ball change x 2, cross behind, unwind, stomp stomp.

- 25&26 Kick R forward, step ball of R beside L, step L in place
27&28 Kick R forward, step ball of R beside L, step L in place
29&30 Cross R behind Left, unwind ½ turn right (facing 6 o'clock weight ends on R)
31 -32 Stomp L, stomp R

Restart here, wall 4, 12 o'clock

5 Chasse left, rock back, recover, chasse right, rock back, recover

- 33&34 Step L to left side, close R beside L, step L to left side
35 - 36 Rock back on R, recover L
37&38 Step R to right side, close L beside R, step R to right side
39 - 40 Rock back on L, recover R

6 Point, step, shuffle forward, Left Jazzbox

- 41-42 Point L to left side, step L forward
43&44 Step R forward, close L next to R, step R forward
45 -46 Cross L over R, step back on R
47- 48 Step L to left side, step R next to L (weight on R)

Ending - Wall 6 Dance up to count 27 & 28 (facing 12 o'clock)

Cross R behind L, full turn unwind to face front, (weight R) (12 o'clock)

Step L to left side, step R to right side.

Enjoy! ☺

This dance is dedicated to all the dancers at Trinity Church, Liverpool, England.

Thank you all for four brilliant years x x x x

And to Barbara for giving me the song suggestion x x x