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## My Back Door

32 Count, 4 Wall, Improver

Choreographer: Laura Kampschroeder (USA) Sept 2013  
Choreographed to: Lookin' Out My Back Door by Creedance  
Clearwater Revival (105 bpm); Louisiana Saturday Night by  
Alabama (81 bpm)

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Begin on lyrics.

**1-8 HEEL, HEEL, BEHIND, SIDE, CROSS, HEEL, HEEL, BEHIND, TURN ¼ R, STEP**

1-2-3&4 Right heel, heel, behind, step side left, cross right over left

5-6-7&8 Left heel, heel, behind, turn ¼ right and step, step

**9-16 STEP, HALF TURN LEFT, TRIPLE STEP, ROCK, RECOVER, COASTER STEP**

1-2-3&4 Step forward right, ½ turn left and step, triple step forward (R,L,R)

5-6-7&8 Rock forward on left, recover, step back, together, forward

**17-24 KICK, BALL CHANGE, KICK, BALL CHANGE, ROCKING CHAIR**

1&2-3&4 Kick right, step, step, kick right, step, step

5-6-7-8 Rock forward right, recover, rock back right, recover on left

**25-32 PADDLE ½ TURN TO LEFT, KICK, BALL, POINT SIDE, KICK, BALL, POINT SIDE**

1&2&3&4& Push right, step left, push right, step left, push right, step left, push right,  
step left as you turn ½ to left.

5&6-7&8 Kick right, step, point left to left side, kick left, step, point right to right side

**TAG for Lookin' Out My Back Door only:**

Continue as the music slows toward the end, then after he says "Lookin' out my back door" tap right heel 4 beats, then continue with 1/4 paddle turn to left (12:00) and finish the dance.

Strike a pose on last note with left arm up and right hand on right hip.