

Back It Up



Count: 32

Wall: 2

Level: Intermediate

Music: Back it up (Caro Emerald)

Choreographer: Darren Bailey , Raymond Sarlemijn (Sept 2012)

Walk x2, 3/4 chase turn L, syncopated weave R, 1/4 turn R.

1-2 Step forward on Rf, step forward on Lf
3&4 Step forward on Rf, make a 1/2 turn pivot L (weight ends on Lf), make a 1/4 turn L and step Rf to R side
5&6& Cross Lf behind Rf, step Rf to R side, cross Lf over Rf, step Rf to R side
7-8 Cross Lf behind Rf, make a 1/4 turn R and step forward on Rf

1/2 chase turn R, 1/2 turn L x2, 1/4 turn L bump to R, 1/2 turn L bump to L.

1&2 Step forward on Lf, make a 1/2 turn pivot R (weight ends on Rf), step forward on Lf
3-4 Make a 1/2 turn L and step back on Rf, make a 1/2 turn L and step forward on Lf
5-6 Make a 1/4 turn L and touch Rf to R side at the same time bump hip up to R, step down onto Rf
7-8 Make a 1/2 turn L and touch Lf to L side at the same time bump hip up to L, step down onto Lf

Cross, back, side, x2, Walk x2, out, out, in, cross.

1&2 Cross Rf over Lf, step back on Lf, step Rf to R side
3&4 Cross Lf over Rf, step back on Rf, step Lf to L side
5-6 Step forward on Rf, step forward on Lf
7&8& step Rf to R side, Step Lf to L side, Step Rf into centre, cross Lf over Rf

1/4 turn R, step forward, pivot 1/2 turn L, 1/2 turn L stepping back, walk back x3, close.

1-2 Make a 1/4 turn R and step forward on Rf, step forward on Lf
3-4 Make a 1/2 turn pivot R (weight ends on Rf), make a 1/2 turn R and step back on Lf
5-6 Step back on Rf, step back on Lf
7-8 Step back on Rf, close Lf next to Rf

(Feel free to add you own styling to the walk backs)

Start again.