

Backbone

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Count: 32 **Wall:** 2 **Level:** Intermediate

Choreographer: Isabell Allert – August 2018

Music: Backbone by Daughtry

Intro: 8 counts

(1-8) Out, Out, In, Step, Hitch with hip bump, Step, Anker Step, Step

- 1, 2 Step right foot out, step left foot out
- &3 Step right foot in, step left foot forward
- 4, 5 Lift right knee, while stretching hip up, step right foot forward
- 6&7 Step left foot forward, step right foot in place, step left foot in place
- 8 Step right foot forward

EasyOption Hitch with Hipbump: Do a normal Hitch

(9-16) Step ½ Turn, Dorothy Steps, Step, Close

- 1, 2 Step left foot forward, ½ turn right
- 3&4 Step left foot forward, lock right foot behind left, step left foot forward
- 5&6 Step right foot forward, lock right foot behind left, step right foot forward
- 7, 8 Step left foot forward, close right foot next to left

Tag1 here in Wall 3 weight change after closing on the left (6h)

Tag2 here in Wall 5 (12h)

Restart here in Wall 6 weight change after closing on the left (6h)

(17-24) Coaster Step, Step ¼ Turn, Crossshuffle, Side Rock

1&2step left foot back, step right foot next to left, step left foot forward

- 3, 4 Step right foot forward, ¼ turn left
- 5&6 Step left foot to the side, cross right foot over left, step left foot to the side, cross right foot over left
- 7,8 Step left foot to the side, weight back on right

(25-32) Sailor ¼ Turn, Back, Back, Coaster Step, Anchor Step

1&2¼ turn left, cross left foot behind right, step right foot to the side, weight back on right

3, 4 Step right foot back, step left foot back

5&6 Step right foot back, step left foot next to right, step right foot forward

7&8step left foot backwards, step right foot in place, step left foot in place

Tag 1 here after the 1. Wall (12h)

Tag 1

(1-8) Step, Hold, ½ Turn, Hold, Step, Hold, ½ Turn, Hold

1, 2 Step right foot forward, hold

3, 4½ Turn left, hold

5, 6 Step right foot forward, hold

7, 8½ Turn left, hold

Tag 2

(1-8) Side, Armmovement, Cross, Full Spiralturn, Side

1 Step right foot to the side

2-4lift both arms up and angle at right angles (lyrics: are you strong enough)

5cross right foot over left

6, 7 Full Spiralturn left

8 Step right foot to the side

EasyOption Full Spiralturn: After cross right over left, hold one count, step right foot to the side and hold one count

(9-16) Sweep back, Sweep back, Sweep back, Sweep back, Bodymovement, Side

1, 2sweep left foot backwards, sweep right foot backwards

3, 4sweep left foot backwards, sweep right foot backwards

5 Bend upper body forward

6, 7 Bend upper body back in starting position

8 Step right foot to the side

(17-24) Step ½ Turn, Step ½ Turn, Out, Out, Coaster Step

1, 2 Step left foot forward, ½ turn left

3, 4 Step left foot forward, ½ turn left

5, 6 Step left foot out, step right foot out

7&8 Step left foot back, step right foot next to left, step left foot forward

Last Update - 23 Sept 2018