

Back It Up

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Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Mary Phillips (Aug 2013)

Music: Back it Up by Caro Emerald

Start on vocals

Scuff, Hitch, Step Back, Back Left Coaster Step X2

1&2scuff right foot forward, hitch right knee up, step back on right foot.

3&4step back on left foot, step right next to left, step left foot forward.

5&6scuff right foot forward, hitch right knee up, step back on right foot.

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

Pivot 1/4, Twist 1/4, Coaster Step, Step Slide

1-2step right foot forward, pivot 1/4 to the left. (weight on left)

3&4twisting heels left, right, left. making a 1/4 turn right(weight on left)

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

7-8step left forward, slide right next to left and take weight.

Restart here on wall 9 facing 12 o'clock , dance first 16 counts, then Restart

Instead of taking weight on count 8, just touch right

Point Hitch 1/4 Turn Step ,Paddle 1/2, Heel Jack, Cross Shuffle.

1&2 Point left toe forward, small hitch up, turn 1/4 left and step left forward. (9 O'clock)

3&4step forward On the ball of right foot, turn 1/4 left, Repeat

5&6 Cross right over left, step right foot slightly back, touch right heel diagonal, step right next to left.

7&8 Cross left over right, step right to the right side, cross left over right.

Turn 1/4 Turn 1/4, Step And Bump, Turn 1/2 And Bump, Forward Rock And Touch Back

1-2stepping back on right foot turn 1/4 ccw. turning 1/4 ccw step left foot forward.

3&4step right foot forward, bump hips RLR.(weight on right)

5&6 Turning 1/2 left step left forward and bump hips LRL (weight on left)

7&8 Rock forward on right, back on left, touch right toe back.

Begin again and have fun.

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Last Revision - 21st August 2013