

# Off To The Back

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**Count:** 64      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Betsy Courant (May 2014)

**Music:** Ain't Off to the Back by Ben L'Oncle Soul (iTunes, Amazon)

## #16 count intro; dance starts on lyrics

### S1: WALK FWD R L, R SHUFFLE FWD, STEP, ¼ PIVOT R, L CROSS SHUFFLE

- 1 - 2      Walk forward Right, Left
- 3 & 4      Shuffle forward Right Left Right
- 5 - 6      Step Left forward, ¼ pivot turn right step Right to right side
- 7 & 8      Crossing shuffle: cross Left over Right, step Right to right side, cross Left over Right [3:00]

### S2: R ROCK, RECOVER, BEHIND SIDE CROSS, L ROCK, RECOVER, ½ SAILOR TURN LEFT

- 1 - 2      Rock Right to right side, recover Left
- 3 & 4      Step Right behind Left, step Left to left side, cross Right over Left
- 5 - 6      Rock Left to left side, recover Right
- 7 & 8      Step Left behind Right, ¼ turn left step Right next to Left, ¼ turn left step Left to left side [9:00]

### S3: R ROCKING CHAIR, ¼ TURN HIP ROLL (2X)

- 1 - 4      Rock Right forward, recover Left, rock Right back, recover Left
- 5 - 6      Make ¼ turn left step Right to right side while pushing right hip to right, recover Left
- 7 - 8      Make ¼ turn left step Right to right side while pushing right hip to right, recover Left [3:00]

### S4: R JAZZ BOX, STEP OUT, OUT, IN, IN

- 1 - 4      Cross Right over Left, step Left back, step Right to right side, cross Left over Right
- 5 - 8      Step Right out, step Left out, step Right in, step Left next to Right (Restart Wall 2)

### S5: R BACK L KNEE POP, L BACK R KNEE POP, R ANCHOR STEP, L BACK R KNEE POP, R BACK L KNEE POP, L ANCHOR STEP

- 1 - 2      Step back Right and pop Left knee, step back Left and pop Right knee
- 3 & 4      Step Right behind Left, recover Left in place, recover Right in place (anchor step)
- 5 - 6      Step back Left and pop Right knee, step back Right and pop Left knee

**7 & 8** Step Left behind Right, recover Right in place, recover Left in place (anchor step) (Restart Wall 5)

**S6: ¼ TURN L R TO SIDE, L BEHIND SIDE CROSS, STEP, L STEP, HOLD, CROSS, SIDE, BEHIND**

**1, 2 & ¼ turn left step Right to right side(1), step Left behind right(2), step Right to right side (&) [12:00]**

**3 - 4** Cross Left over Right, step Right to right side

**5, 6** Step Left to left side (5), hold (6)

**& 7 - 8** Cross Right over Left, step Left to left side, step Right behind Left)

**S7: L STEP, ROLL R HIP, R STEP, ROLL L HIP, ROCK, RECOVER, BEHIND, ¼ R TURN, STEP**

**1 - 2** Step Left to left side and roll Right hip in & around (clockwise)

**3 - 4** Recover Right and roll Left hip in and around (anti-clockwise)

**5 - 6** Rock Left, recover Right

**7 & 8** Step Left behind Right, ¼ turn right step Right forward, step Left next to Right [3:00]

**S8: 2 ½ PIVOT TURNS, OUT, OUT, HOLD**

**1 - 2** Step forward Right, ½ pivot turn left step Left forward

**3 - 4** Step forward Right, ½ pivot turn left step Left forward

**&5** Jump out R (&) then Left (5)

**6 - 8** Hold for counts 6, 7, 8 [3:00]

**(optional: the music changes up in the last 4 counts - so play around with it - you can hold where the music drops out and do hip bumps or rolls where the music continues)**

**Restarts:**

**On Wall 2, Restart dance after 32 counts.**

**On Wall 5, Restart dance after 40 counts.**

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**Last Update - 10th March 2015**