

# Back It Up

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**Count:** 32

**Wall:** 4

**Level:** High Beginner / Easy Intermediate

**Choreographer:** Dancin' Terry

**Music:** Back It Up by Caro Emerald

## Alternative music: Rolling In The Deep by Adele - Intro 8 counts

### Intro 32 counts (Back it Up)

#### WALK RIGHT, LEFT, ANCHOR STEP, LEFT COASTER, BRUSH HITCH CROSS

- 1-2** Step right forward, step left forward
- 3&4** Step right slightly behind left, step left in place, step right slightly behind left and slightly sideways
- 5&6** Step left back (squaring up to front wall), step right back, step left forward
- 7&8** Brush right foot, hitch right knee, cross right over left (weight on right)

#### COASTER, POINT & POINT, HEEL & HEEL, ROCK RECOVER

- 1&2** Step left back, step right back, step left forward
- 3&4&** Touch right toes to right side, step right together, touch left toes to left side, step left together
- 5&6&** Touch right heel forward, step right together, touch left heel forward, step left together
- 7-8** Rock right forward, recover left

#### LOCK STEP BACK, TOUCH UNWIND, SCISSORS RIGHT & LEFT

- 1&2** Step right back, lock left in front of right, step right back
- 3-4** Touch left toe behind right heel, unwind  $\frac{3}{4}$  turn (3:00) (weight on left)
- 5&6** Step right to right, step left next to right, cross right over left
- 7&8** Step left to left, step right next to left, cross left over right

#### ROCK RECOVER, FULL TURN TRIPLE IN PLACE, ROCK RECOVER, BACK, BACK, TURNING $\frac{1}{2}$ STEP FORWARD

- 1-2** Right rock forward, recover left
- 3&4** Triple in place turning a full turn right, stepping right, left, right

#### Variation for 3&4: Coaster step

**5-6** Left rock forward, recover right

**7&8** Step back left, step back right, turn ½ turn left stepping forward left (9:00) REPEAT AND ENJOY!

**\*\*\*Special thanks to The Carolina Girls for all their support and to Barbara Gehlmann for the song suggestions.\*\*\***

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=83675](https://www.linedance.com/index.php?f=dance_view&id=83675)