

BACK-TRACKING

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Count: 64

Wall: 2

Level: intermediate

Choreographer: Stephen Sunter

Music: How Do I Live (Mr. Mig Remix) by LeAnn Rimes

RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE, BACK RIGHT $\frac{1}{4}$ TURN, BACK LEFT, FORWARD RIGHT $\frac{1}{4}$ TURN, SIDE LEFT

- 1&2** Step right foot behind left, step left foot to left, step right to right
- 3&4** Step left foot behind right, step right foot to right, step left to left
- 5-6** Step back on right foot making $\frac{1}{4}$ turn right, step left foot next to right
- 7-8** Step forward on right foot making $\frac{1}{4}$ turn right, step left foot to left side
- 9-16** Repeat counts 1-8

STEP RIGHT, LEFT BEHIND, HITCH LEFT, POINT LEFT, HITCH LEFT, LEFT IN FRONT OF RIGHT, TWIST

- 17-18** Step right foot to right side, step left behind right
- &19-20** Step right foot to right side, hitch left knee, point left toe to left side
- 21-22** Hitch left knee, cross step left in front of right foot
- 23-24** Twist heels right and you upper body left, twist back to center

STEP LEFT, RIGHT BEHIND, HITCH RIGHT, POINT RIGHT, HITCH RIGHT, RIGHT IN FRONT OF LEFT, TWIST

- 25-26** Step left foot to left side, step right behind left
- &27-28** Step left foot to left side, hitch right knee, point right toe to right side
- 29-30** Hitch right knee, cross step right in front of left foot
- 31-32** Twist heels left and you upper body right, twist back to center

1 $\frac{1}{4}$ TURN RIGHT, RIGHT SHUFFLE, ROCK FORWARD, ROCK BACK, $\frac{1}{2}$ SHUFFLE TURN LEFT

- 33-34** Step right pivoting $\frac{3}{4}$ turn on the ball of right foot, step left pivoting $\frac{1}{2}$ on the ball of left foot

You should have completed a 1 $\frac{1}{4}$ turn to the right, traveling to your right

35&36 Step right forward, slide left next to right, step right forward

37-38 Rock forward on left foot, rock weight back onto right foot

39&40 Making $\frac{1}{2}$ turn left step forward on left foot, slide right next to left, step left forward

FULL TURN, RIGHT SHUFFLE, ROCK BACK, STEP BACK RIGHT, UNWIND $\frac{1}{2}$ TURN RIGHT, $\frac{1}{4}$ TURN STEP LEFT

41-42 Step right making $\frac{1}{2}$ turn left, step left making $\frac{1}{2}$ turn left

These turns are a forward continuation of 39 & 40. You should have completed a full turn left. You are now facing $\frac{1}{4}$ left from your starting position

43&44 Step right forward, slide left next to right, step right forward

45-46 Rock weight back on to left foot, point right foot back

47-48 Unwind $\frac{1}{2}$ turn right placing weight onto right foot, making $\frac{1}{4}$ turn right step left foot to left

RIGHT BEHIND LEFT, CLAP, SIDE STEP LEFT, SIDE STEP RIGHT, REPEAT STARTING WITH LEFT

49-50 Step right foot behind left, hold and clap

51-52 Step left to left side, step right to right side

53-54 Step left foot behind right, hold and clap

55-56 Step right to right side, step left to left side

57-64 Repeat counts 49-56

On the last 16 counts with each step you should travel backwards slightly.

REPEAT