

Back It Up!

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: A.J. and Scott Herbert, (Jan 2011)

Music: "Back That Thing Up" by Justin Moore

Start dance 16 counts after beat kicks in during the intro -count in 5-6-7-8 after you hear "Don't worry it ain't gonna hurt ya'".

[1-8] R STEP SIDE, L STOMP, L STEP SIDE, R STOMP 2X; REPEAT

1,2R step side right (1), L stomp (up) next to R (2)

3&4L step side left (3), R stomp (up) next to L twice (&) (4)

5,6R step side right (5), L stomp (up) next to R (6)

7&8L step side left (7), R stomp (up) next to L twice (&) (8)

[9-16] R-L HEEL SWITCHES, R BIG STEP FWD, L TOUCH, L-R STEP-TOUCH BACK

1&2&R heel touch forward (1), R step next to L (&), L heel touch forward, (2), L step next to R (&)

3,4R big step forward (3), L touch next to R (4)

5,6L step back angled to left (5), R touch next to L (6)

7,8R step back angled to right (7), L touch next to R (8)

[17-24] L STEP SIDE-TOGETHER, L STEP FWD, R TOUCH NEXT TO L, TRIPLE BACK R-L-R, L-R-L

1,2L step side left (1), R step next to L (2).

3,4L step forward (3), R touch next to L (4)

5&6R step back (5), L step next to R (&), R step back (6)

7&8L step back (7), R step next to L (&), L step back (8)

Option: On counts 5&6, 7&8 do two right 1/2-turn triples moving backwards.

[25-32] R STEP SIDE-TOGETHER, R STEP FWD 1/4 RIGHT, L TOUCH, L-R-L WALK BACK, R TOUCH

1,2R step side right (1), L step next to R (2)

3,4R step side right turning 1/4 right (3), L touch next to R (4)

5,6L step back (5), R step back (6)

7,8L step back (7), R touch next to L (8)

Option: On counts 5-6-7 walk backwards with attitude, like the Mashed Potato or the Roger Rabbit!

START AGAIN!

Web site: <http://home.earthlink.net/~theherberts>