

# Backwards

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**Count:** 32      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Rachael McEnaney (UK/USA) & Countryvive (April 2014)

**Music:** Backwards – Rascal Flatts (approx 3.46 mins) Approx 123 bpm

**(Rachael Allman, Olivia Grace Beale, Laura Carvill, Paul Culshaw, Danielle Daley, Hannah Day,**

**Bethany Forsyth, Lauren Forsyth, Abbie Ingram, Lewis Jenkins, Nicola Lafferty, Shane McKeever,**

**Emmy Jo Munro, Daina Peters, Jodi Riddoch, Samuel Robins, Jenny Stephenson, Nicola Tubman, Fred Whitehouse) (UK)**

**Count In:** The dance has a long slow intro....dance starts on the fast beat at approx 0.43 after he sings: “When you play a country song backwards“ Count 1 begins on word “House”

**Notes:** Tag is on 7th wall. Begin 7th wall facing 6.00, dance first 4& counts of dance, then add the Tag below.

**There is an ending to the dance when they finish singing - we suggest you fade the music at this point.**

**[1 - 8] R stomp, L sailor stomp, R behind, L side, Stomp fwd R-L (or leg slaps), R shuffle**

- 1 2 & 3** Stomp right to right side (1), cross left behind right (2), step right next left (&), stomp left to left side (3) 12.00
- 4 &** Cross right behind left (4), step left to left side (&), 12.00
- 5 6** Stomp right foot forward (5) (option: flick left foot up behind right and slap with right hand (&), Stomp left foot forward (6) (option: hitch right knee and slap with left hand (&)) 12.00
- 7 & 8** Step forward right (7), step left next to right (&), step forward right (8) 12.00

**[9 - 16] Fwd L, ½ pivot R, big step L, touch R, R side, L behind, R ball, L cross, R side, L heel**

- 1 2** Step forward left (1), pivot ½ turn right (2), 6.00
- 3 4** Take big step to left side (3), touch right next to left (4) 6.00

**5 6** Step right to right side (5), cross left behind right (6), 6.00

**& 7 & 8** Step right to right side (&), cross left over right (7), step right to right side (&), touch left heel to left diagonal (8) (body angled to L diagonal) 4.30

**[17 - 24] R & L heel switch with option to hold or double heel, R&L heel switch, L ball, R rock fwd**

**& 1 2** Stay facing L diagonal Step left next to right (&), touch right heel forward (1) touch right heel forward OR hold (2) 4.30

**& 3 4** Begin making 1/8 turn left: Step right next to left (&), touch left heel forward (3), touch left heel forward OR hold (4) 4.30

**& 5 & 6** Finish making 1/8 turn left: Step left next to right (&), touch right heel forward (5), step right next to left (&), touch left heel forward (6) 3.00

**& 7 8** Step left next to right (&), rock forward right (7), recover weight left (8) 3.00

**[25 - 32] Charleston back, R coaster step, L shuffle**

**1 2 3 4** Step back right (1), touch left toe back (2), step forward left (3), touch (or kick) right foot forward (4) 3.00

**5 & 6** Step back right (5), step left next to right (&), step forward right (6) 3.00

**7 & 8** Step forward left (7), step right next to left (&), step forward left (8) 3.00

**TAG: 7th wall begins facing 6.00 - Do first 4& counts of the dance (R stomp, L sailor stomp, R behind, L side) then do the following TAG:**

**Step forward right (1), pivot ½ turn left (2), hold 'approx' 2 counts (3,4), then shimmy shoulders for 4 counts (or step right to right side and alternate very fast R-L on the spot for 4 counts and take hands from hips up the body to above head) (5,6,7,8) Then start the dance again facing 12.00**

**Ending: 10th wall begins facing 6.00 - The first 8 counts is normal speed then it slows down for next 8 counts**

**After you touch left heel to diagonal on count 8 you should be facing 12.00**

**Step in place on ball of left (&), cross right over left and unwind a full turn slowly to face the front.**

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**CountryVive: <https://www.facebook.com/CountryVive> - [www.worlddancemasters.com](http://www.worlddancemasters.com)**

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