

# Back It Up

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**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Dan Morrison

**Music:** Back It Up (Radio Edit) by Caro Emerald

## **Intro: 32 Counts**

### **Walk Back, R Coaster, Step, 1/2 Step, Coaster**

- 1-2** Step R back (1) Step L back (2)
- 3&4** Step R back (3) Step L beside R (&) Step R forward (4)
- 5-6** Step L forward (5) 1/2 turn L, Step R back (6)
- 7&8** Step L back (7) Step R beside L (&) Step L forward (8)

### **Walk forward, Anchor Step, L Sailor, R Sailor**

- 1-2** Step R forward (1) Step L forward (2)
- 3&4** Step R behind L (3) Step L in place (&) Step R back (4)
- 5&6** Step L behind R (5) Step R beside L (&) Step L side L (6)
- 7&8** Step R behind L (7) Step L beside R (&) Step R side R (8)

### **RESTART: 3rd rotation, touch R beside L on R Sailor (8)**

### **Cross, Side, Sailor, Cross, Side, 1/2 Sailor**

- 1-2** Step L over R (1) Step R side R (2)
- 3&4** Step L behind R (3) Step R beside L (&) Step L side L (4)
- 5-6** Step R over L (5) Step L side L (6)
- 7&8 1/4 turn R, Step R back (7) 1/4 turn R, Step L side L (&) Step R over L (8)**

### **L Shuffle, R Rock-Step, R Shuffle, L Rock-Step**

#### **1&2L Side Shuffle (L,R,L)**

- 3-4** Step R back (3) Step L in place (4)

#### **5&6R Side Shuffle (L,R,L)**

- 7-8** Step L back (7) Step R in place (8)

### **Out, Out, Back, Back, Cross, Back, Ball-Cross, Back**

**1-4** Step L forward (1) Step R side R (2) Step L back (3) Step R beside L (4)

**5-6** Step L over R (5) Step R back (6)

**&7-8&** Step L beside R (&) Step R over L (7) Step L back (8) Step R beside L (&)

### **Cross, Side, 1/2 L Shuffle, Cross Mambo-1/4 R Step, Step, 1/2 turn**

**1-2** Step L over R (1) Step R side R (2)

**3&4 1/4 turn L, Step L back (3) Step R beside L (&) 1/4 turn L, Step L side L (4)**

**5&6** Step R over L (5) Step L in place (&) Step R 1/4 turn R (6)

**7-8** Step L forward (7) 1/2 turn R, wt on L (8)

### **ENJOY AND HAVE FUN**

**Restart: During 3rd rotation, dance first 16 counts, but touch R beside L, with R sailor, then start again.**

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