

# Back It Up

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

**Choreographer:** Norlizah Abdul Rahim, Malaysia (Jan 2014)

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

## Start on vocal

### (1-8) Heel Switch, Brush, Touch, Bounce, Kick Ball Change

- 1&2&** Touch R heel forward, step down on RF, touch L heel forward, step down on LF
- 3&4** Brush RF forward, step down on RF, touch L toe forward
- 5-6** Bounce R hip up & down. Weight on R
- 7&8** Kick LF forward, step down on LF, step RF forward

### (9-16) Walk, Kick Forward, Touch Behind, ¼ Turn Left Chasse, ¼ Turn Right, 1/2 Turn Left

- 1-2** Walk forward on LF, RF
- 3-4** Kick LF forward, touch LF behind
- 5&6** Make a ¼ turn left stepping LF to L side, step RF next LF, step LF to L side
- 7-8** Make a ¼ turn right skating RF, ½ turn left skating LF

### \*\*\*Restart point - wall 4

### (17-24) Step, Cross Behind, ¼ Turn Right, Step Forward, Forward Coaster, Step Back, Touch Cross Behind

- 1-4** Step RF to R side, cross LF behind RF, ¼ turn right, stepping RF forward, step LF forward
- 5&6** Step RF forward, step LF next to RF, step RF back
- 7-8** Step LF back, touch RF cross behind LF

### (25-32) Point, Step, Touch Heel, Step Forward, Touch, Coaster Step

- 1&2&** Point R to R side, step RF next to LF, point L toe to L side, step LF next to RF
- 3&4&** Touch R heel forward, step RF next to Lf, touch L heel forward, step LF next to RF
- 5-6** Take a big step on RF forward, touch LF next to RF
- 7&8** Step LF back, step RF next to LF, step LF forward

**RESTART: On wall 4 dance up to count 16....change count 7-8 with skate RF & LF without turning. Now you restart the dance facing 12.00.**

**Contact: [amizurie@gmail.com](mailto:amizurie@gmail.com)**

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