

BACK INTO IT

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Count: 48

Wall: 4

Level: intermediate/advanced

Choreographer: Guyton Mundy

Music: U R The One by Usher

FRONT KICK (TWICE), ¼ TURN SIDE KICK, TOGETHER, SIDE ROCK/RECOVER, SCUFF, SYNCOPATED VINE

- 1&2** Kick right foot forward, switch to kick left foot forward
- 3&4** While doing ¼ turn to the left kick right foot to right side, bring feet together, step right foot to right side rocking to right side
- 5-6** Recover to left, scuff right foot while making ½ turn to the left
- 7&8** Step out right, cross left behind right, step out right

SWEEP TURN, HEEL SWIVEL, COASTER, STEP, STEP

- 1-2** Sweep left toe around while making ¾ turn to the right
- &3-4** Swivel left heel to left, return to neutral, slide left foot beside right
- 5&6** Step back left, step together right, step forward left
- 7-8** Step forward right-left

WALK BACK, HEEL RAISE, ¼ TURN SAILOR

- 1-2** Walk back right-left
- 3&4** Walk back right, raise left heel, replace heel
- 5&6** While doing ¼ turn to the left step behind with right, step together with left, step out wide with right
- 7-8** Drag left foot into right (keeping weight on right)

LEFT SAILOR, ROCK/RECOVER, FULL TURN WALK AROUND, STEP, STEP

- 1&2** Step behind with left, step together with right, rock forward on left
- 3** Recover back on right
- 4-5-6** Do full turn while stepping left-right-left
- 7-8** Step forward right-left

HITCH, SHOULDER ROCKS, SYNCOPATED VINE, ROCK/RECOVER

- 1-2** Hitch right knee, make $\frac{1}{4}$ turn to the right placing right foot down shoulder-width apart
- 3-4** Rock shoulders left-right
- 5&6** Cross left behind right, step out right, cross left in front of right
- 7-8** Rock out to right side, recover to left side

SHOULDER ROCKS, $\frac{1}{4}$ TURN SAILOR, 1 $\frac{1}{2}$ TURN, LEFT COASTER

- 1-2** Rock shoulders right-left
- 3&4** While making $\frac{1}{4}$ turn to the left step behind right, step together left, step forward right
- 5-6** Do 1 $\frac{1}{2}$ turn on right foot
- 7&8** Step back left, step together right, step forward left

REPEAT