

# Get Off My Back

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**Count:** 52                      **Wall:** 4                      **Level:** —

**Choreographer:** Kerly Luige (09.Nov 2005)

**Music:** "Get Off My Back" by Bryan Adams ("Spirit - Stallion of the Cimarron" soundtrack album)

## **S1: Shuffle Forward, Step, Step, Pivot-Turn 1/4-Cross, Step, Behind**

- 1&2**            Step forward on right, step together with left, step forward on right
- 3-4**            Step forward on left, step forward on right
- 5&6**            Step forward on left, make 1/4 turn to right lifting weight onto right, step left across right foot
- 7-8**            Step right to right side, step left behind right foot

## **S2: Heel & Knee & Heel & Hicth & Side Touch & Side Touch & Heel & 1/4 Turn-Touch**

- 1&2&**            Touch right heel forward, step together with right, bend your left knee in, step together with left
- 3&4&**            Touch right heel forward, step together with right, hitch left knee up, step together with left making 1/4 turn to left
- 5&6&**            Touch right toe to right side, step together with right, touch left toe to left side, step together with left
- 7&8&**            Touch right heel forward, step together with right, step left to left side making 1/4 turn to right, touch right next to left

## **S3: Side Shuffle, Cross, Step, Sailor-Step, Sailor-Step 1/4**

- 1&2**            Step right to right side, step together with left, step right to right side
- 3-4**            Step left across right foot, step right to right side
- 5&6**            Step left behind right foot, step right to right side, step left to left side
- 7&8**            Step right behind left foot, step together with left making 1/4 turn to right, step forward on right

## **S4: Forward-Touch-Back-Touch, Shuffle Forward, Pivot-Turn 1/4, Cross & Cross**

- 1&2&**            Step forward on left, touch right toe behind left foot, step back on right, touch left toe across right foot
- 3&4**            Step forward on left, step together with right, step forward on left

- 5-6 Step forward on right, make 1/4 turn to left lifting weight onto left
- 7&8 Step right across left foot, step left to left side, step right across left foot

### **S5: Kick-Ball-Touch, Kick-Ball-Touch, Kick-Ball-Touch, Kick-Ball-Touch**

- 1&2 Kick left foot forward, ball on left, touch right toe to right side
- 3&4 Kick right foot forward, ball on right, touch left toe to left side
- 5&6 Kick left foot forward, ball on left, touch right toe to right side
- 7&8 Kick right foot forward, ball on right, touch left toe to left side

**While doing the kick-ball-touches, move slightly backwards**

### **S6: Knee Turn 1/4, Kick-Ball-Change, Pivot-Turn 1/2, Shuffle 1/2**

- 1-2 Bend your left knee in, push your left knee out making a 1/4 turn to left lifting weight onto left
- 3&4 Kick right foot forward, ball on right, step together with left
- 5-6 Step forward on right, make 1/2 turn to left lifting weight onto left foot
- 7&8 Step right to right side making 1/4 turn to left, step together with left, step right back making 1/4 turn to left

### **S7: Coaster-Step, Pivot-Turn 1/4**

- 1&2 Step back on left, step together with right, step forward on left
- 3-4 Step forward on right, make 1/4 turn to left lifting weight onto left foot

### **REPEAT**

### **RESTARTS:-**

**During the second wall leave out last 1/4 pivot-turn to left and start the third wall from the top (after the shuffle 1/2)**

**During the fifth wall do the "knee turn 1/4, kick-ball-change" and then start the sixth wall from the top.**