

BACK IT UP

Choreographed by: Francien Sittrop (Sept 09)
 Music: **Back It Up** by **Caro Emerald** (CD: Single)
 Descriptions: Ph count - 4 wall - Intermediate level line dance

Intro: Start after 32 counts from the Beat

Pattern: A BB A BB A BB A(32)

A:

1-8 Step Fwd, Pivot ½ Turn, ¼ Turn L , ¼ Turn L Touch & Cross Side, Sailor Heel &
 1-2 Step R fwd, Pivot ½ Turn L **(6.00)**
 3&4 ¼ turn L step R to R side and push Hip R, Recover on L ,¼ Turn L and Touch R to R side **(12.00)**
 5-6 Step R next to L, Step L across R, Step R to R side
 7&8 Step L behind R, Step R to R side, L heel fwd, Step L next to R

9-16 Cross, Side, Sailor ½ Turn R, Step Fwd, Close, Toe Touches
 1-2 Step R across L, Step L to L side
 3&4 Step R behind L with ½ Turn R, Step L to L side , Step R to R side **(6.00)**
 5-6 Big step fwd with L(step over a little branch), Step R next to L
 7&8 Touch L to L side, Step L next to R, Touch R to R side, Step R next to L

17-24 Rock, Recover, Triple Full Turn, Rock, Recover, Triple 1,1/4 Turn R
 1-2 Rock L fwd, Recover on R
 3&4 Triple Full Turn L with L,R,L
 5-6 Rock R fwd, Recover on L
 7&8 ½ Turn R step R fwd, ½ Turn R step L back, ¼ Turn R step R to R side **(9.00)**

25-32 Cross, Side, Sailor step ¼ Turn R, Step Fwd, Close, Kick Ball Touch, Close
 1-2 Step L across R, Step R to R side,
 3&4 Step L behind R with ¼ Turn L, Step R to R side , Step L to L side **(6.00)**
 5-6 Step R big step fwd(step over a little branch), Step L next to R
 7&8 Kick R fwd, Step R next to L, Touch L to L side, Step L next R

33-40 Cross, Side, Sailor Step ¼ Turn R, L Shuffle fwd, R Mambo step
 1-2 Step R across L, Step L to L side
 3&4 Step R behind L with ¼ Turn R, Step L to L side, Step R to R side **(9.00)**
 5-6 Step L fwd, Step R next to L, Step L fwd
 7&8 Rock R fwd, Recover on L, Step R back

41-48 Step Back and Sweep x2, Sailor Step ½ Turn L, Toe Touches with ½ Turn R
 1-2 Step L back and sweep R to the back, Step R back and sweep L to the back
 3&4 Step L behind R with ½ Turn L , Step R next to L, Step L to L side **(3.00)**
 5&6 Touch R, ¼ Turn R and Step R next to L, Touch L to L side, Step L next to R
 7&8 Touch R to R side, ¼ Turn R and Step R next to L , Touch L to L side, Step L next to **(9.00)**

B:

1-8 Skates fwd x2, Shuffle fwd, L Mambo fwd, Coaster Step
 1& Skate R diag. R fwd , Slide L next to R
 2& Skate L diag. L fwd , Slide R next to L

- 3&4 Step R fwd, Step L next to R, Step R fwd
 5&6 Rock L fwd, Recover on R, Step L back
 7&8 Step R back, Step L next to R, Step R fwd
- 9-16 Fwd, ¼ Turn R, Cross Shuffle, ¼ Turn R and Skate L , Skate R fwd, Shuffle Fwd**
 1-2 Step L fwd, ¼ Turn R **(12.00)**
 3&4 Step L across R, Step R to R side, Step L across R
 5& ¼ Turn R Skate R diag. R fwd , Slide L next to R **(3.00)**
 6& Skate L diag. L fwd , Slide R next to L
 7&8 Step R fwd, Step L next to R, Step L fwd
- 17-24 Kick Ball Touch x2, Rock , Recover , Shuffle ½ Turn L back**
 1&2 L Kick fwd, Step L next to R, Touch R to R side
 3&4 R Kick fwd, Step R next to L, Touch L to L side
 5-6 Rock L fwd, Recover on R
 7&8 ¼ Turn L step L to L side, Step R next to L, ¼ Turn L step L fwd **(9.00)**
- 25-32 Full Turn L, Kick Ball Touch, Step fwd, Step Back, Coaster Step ¼ Turn L**
 1-2 ½ Turn L step R back, ½ Turn L step L fwd **(9.00)**
 3&4 Kick R fwd, Step R next to L, Touch L next to R
 5 Step L Diag. L Fwd
 6 Step R Diag. R Back
 7&8 Sweep L behind R with ¼ Turn L, Step R next to L, Step L fwd **(6.00)**

ENDING: Dance Last A until count 32 (7&8& : Kick Ball Touch &) You are facing the 3.00 wall. Touch R back and make ¾ Turn L

