

# Back It Up

32 count, 2 wall, intermediate level

Choreographer: Darren Bailey (UK), Raymond Sarlemijn (NL), Sept 2012

Choreographed to: "Back It Up" by Caro Emerald

## Section 1 Walk x2, 3/4 Chase Turn L, Syncopated Weave R, 1/4 Turn R

- 1-2 Step forward on Rf, step forward on Lf
- 3&4 Step forward on Rf, make a 1/2 turn pivot L, make a 1/4 turn L and step Rf to R side
- 5&6& Cross Lf behind Rf, step Rf to R side, cross Lf over Rf, step Rf to R side
- 7-8 Cross Lf behind Rf, make a 1/4 turn R and step forward on Rf

## Section 2 1/2 Chase Turn R, 1/2 Turn L x2, 1/4 Turn L Bump To R, 1/2 Turn L Bump To L

- 1&2 Step forward on Lf, make a 1/2 turn pivot R (weight ends on Rf), step forward on Lf
- 3-4 Make a 1/2 turn L and step back on Rf, make a 1/2 turn L and step forward on Lf
- 5-6 Make a 1/4 turn L and touch Rf to R side at the same time bump hip up to R, step down onto Rf
- 7-8 Make a 1/2 turn L and touch Lf to L side at the same time bump hip up to L, step down onto Lf

## Section 3 Cross, Back, Side, x2, Walk x2, Out, Out, In, Cross.

- 1&2 Cross Rf over Lf, step back on Lf, step Rf to R side
- 3&4 Cross Lf over Rf, step back on Rf, step Lf to L side
- 5-6 Step forward on Rf, step forward on Lf
- 7&8& Step Rf to R side, Step Lf to L side, Step Rf into centre, cross Lf over Rf

## Section 4 1/4 Turn R, Step Forward, Pivot 1/2 Turn L, 1/2 Turn L Stepping Back, Walk Back x3, Close

- 1-2 Make a 1/4 turn R and step forward on Rf, step forward on Lf
- 3-4 Make a 1/2 turn pivot R (weight ends on Rf), make a 1/2 turn R and step back on Lf
- 5-6 Step back on Rf, step back on Lf
- 7-8 Step back on Rf, close Lf next to Rf  
(Feel free to add you own styling to the walk backs)

Start again

Quelle:

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