



Back It Up

Count:32 - Wall: 2 - Level: Intermediate

Choreographer: Darren Bailey , Raymond Sarlemijn (Sept 2012)

Music: Back it up (Caro Emerald)

Intro: 32 Counts (16 Counts)

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 (weight ends on Lf),
make a 1/4 turn L and step Rf to R side (03:00)
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 (06:00)

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 (12:00)
3-4 Make a 1/2 turn L and step back on Rf,
make a 1/2 turn L and step forward on Lf (12:00)
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 (09:00)
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 (03:00)

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

1/4 turn R, step forward, pivot 1/2 turn R, 1/2 turn R stepping back, walk back x3, close.

- 1-2 Make a 1/4 turn R and step forward on Rf, step forward on Lf (06:00)
3-4 Make a 1/2 turn pivot R (weight ends on Rf),
make a 1/2 turn R and step back on Lf (06:00)
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.

12.09.2012