



BACK IT UP

Choreographed by Dan Morrison
48 Count, 4 Wall, Intermediate level line dance
Music: Back It Up by Caro Emerald

Contact Information: dan_orillia@live.com



[Scan/Click for Video](#)



[Scan/Click for Website](#)

32 COUNT INTRO

Walk Back, R Coaster, Step, 1/2 Step, Coaster

- 1 - 2 Step R back (1) Step L back (2)
- 3 & 4 Step R back (3) Step L beside R (&) Step R forward (4)
- 5 - 6 Step L forward (5) 1/2 turn L, Step R back (6)
- 7 & 8 Step L back (7) Step R beside L (&) Step L forward (8)

Walk forward, Anchor Step, L Sailor, R Sailor

- 1 - 2 Step R forward (1) Step L forward (2)
- 3 & 4 Step R behind L (3) Step L in place (&) Step R back (4)
- 5 & 6 Step L behind R (5) Step R beside L (&) Step L side L (6)
- 7 & 8 Step R behind L (7) Step L beside R (&) Step R side R (8)

RESTART: *On the 3rd rotation, touch R beside L on R Sailor (8)*

Cross, Side, Sailor, Cross, Side, 1/2 Sailor

- 1 - 2 Step L over R (1) Step R side R (2)
- 3 & 4 Step L behind R (3) Step R beside L (&) Step L side L (4)
- 5 - 6 Step R over L (5) Step L side L (6)
- 7 & 8 1/4 turn R, Step R back (7) 1/4 turn R, Step L side L (&) Step R over L (8)

L Shuffle, R Rock-Step, R Shuffle, L Rock-Step

- 1 & 2 L Side Shuffle (L,R,L)
- 3 - 4 Step R back (3) Step L in place (4)
- 5 & 6 R Side Shuffle (L,R,L)
- 7 - 8 Step L back (7) Step R in place (8)

Out, Out, Back, Back, Cross, Back, Ball-Cross, Back

- 1 - 4 Step L forward (1) Step R side R (2) Step L back (3) Step R beside L (4)
- 5 - 6 Step L over R (5) Step R back (6)
- & 7 - 8 & Step L beside R (&) Step R over L (7) Step L back (8) Step R beside L (&)

Cross, Side, 1/2 L Shuffle, Cross Mambo-1/4 R Step, Step, 1/2 turn

- 1 - 2 Step L over R (1) Step R side R (2)
- 3 & 4 1/4 turn L, Step L back (3) Step R beside L (&) 1/4 turn L, Step L side L (4)
- 5 & 6 Step R over L (5) Step L in place (&) Step R 1/4 turn R (6)
- 7 - 8 Step L forward (7) 1/2 turn R, wt on L (8)

ENJOY AND HAVE FUN

Restart: *During 3rd rotation, dance first 16 counts, but touch R beside L, with R sailor, then start again.*

(Originally taught by Elysium Dance Designs October 2012)



