

## **BACK IT UP**

Beginner

32 Count/4 walls

### **STEP, ROCK, SLIDE, STEP, ROCK, SLIDE,**

1-4 Step Right, Rock onto Left, 2 count Slide Left to Right (keep weight on right)

5-8 Step Left, Rock onto Right, 2 count Slide Right to Left (keep weight on left)

### **STEP UP, STEP UP, TURN, TURN, TURN, TURN**

9-12 Step Right forward diagonal, Step Left to Right, Step Left forward diagonal, Step Right to Left

13-16 Keep Left foot in place and pivot around with the Right, 4 steps to the left (ending facing

$\frac{1}{4}$  to the left)

### **BODY ROLL RIGHT, BODY ROLL LEFT**

17-20 Body roll right (Lean back on right facing left angle - 4 counts - roll, roll)

21-24 Body roll left (Lean back on left facing right angle - 4 counts - roll, roll)

### **HOP IT UP, HOP IT UP, BACK IT UP, BACK IT UP, BACK IT UP, BACK IT UP**

25-28 Hop up (Right, Left, hold), Hop Up (Right, Left, hold)

29-32 Step back Right, Left, Right, Left

### **REPEAT**