

Back it Up, Now!

Count: 48 Wall: 2 Level: Intermediate

Choreographer: Pim van Grootel & Bella Scholtz  – June 2015

Music: "Back it Up" by Prince Royce ft. Pitbull

Starts after: After 32 Counts

S1: Basic Samba Steps, R, L, Shuffle Fwd, Diagonal R, Kick, Cross Shuffle Back, Kick

- 1 RFStep to right side
 - & LFRock back
 - 2 RFRecover weight
 - 3 LFStep to left side
 - & RFRock back
 - 4 LFRecover weight
 - 5 RFStep side, Diagonal right forward - (10.30)
 - & LFStep next to RF
 - 6 RF Step side, Diagonal right forward - (10,30)
 - & LFKick to left side
 - 7 LFStep side, Diagonal left backwards (10.30)
 - & RFCross over LF
 - 8 LFStep side, Diagonal left backwards(10.30)
 - & RFKick to right side, (Body rotate to 12.00)
- (Note: Count 5 up to 8& is done in the diagonals from 1.30 – 7.30, Body is Facing 10.30)

S2: Sailor Step R, L, Cross Behind, Shuffle L, Rock R, Recover Weight

- 1 RFCross behind LF(12.00)
- & LFStep to left side
- 2 RFSmall step to right side
- & LFCross behind RF
- 3 RFStep to right side
- & LFSmall step to left side
- 4 RFCross behind LF
- 5 LFStep to left side
- & RF Step next to LF
- 6 LFStep to left side
- 7 RFRock to right side
- 8 LFRecover weight

S3: Step Fwd 1/8 Turn L, 1/2 Turn L, Cross Shuffle 1/2 Turn L, Full Turn L, Coaster Step, Flick

- 1 RFStep diagonal left forward(10.30)
- 2 LF1/2 Turn left, stepping forward(4.30)
- 3 RF1/4 Turn left, stepping to right side (3.00)
- & LFCross over RF

- 4 RF $\frac{1}{4}$ Turn left, stepping backwards(10.30)
- 5 LF $\frac{1}{2}$ Turn left, stepping forward(4.30)
- 6 RF $\frac{1}{2}$ Turn left, stepping backwards(10.30)
- 7 LFStep backwards
- & RFStep next to LF
- 8 LFStep forward
- & RFFlick backwards

S4: Rocking Chair, Cross Rock Step, Cross Rock Step, Cross Over, $\frac{1}{4}$ Turn R

- 1 RFRock forward(10.30)
- & LFRrecover weight
- 2 RFRock backwards
- & LFRrecover weight
- 3 RF $\frac{1}{8}$ Turn right, crossing over LF(12.00)
- & LFRock to left side
- 4 RFRrecover weight
- 5 LFCross over RF
- & RFRock to right side
- 6 LFRrecover weight
- 7 RFCross over LF
- 8 LF $\frac{1}{4}$ Turn right, Stepping backwards(3.00)

S5: $\frac{3}{8}$ Turn R, Lock Shuffle Right, $\frac{1}{2}$ Turn R, Lock Shuffle L, $\frac{1}{2}$ Turn R, Lock Shuffle R, Step Fwd $\frac{1}{2}$ Turn R

- 1 RF $\frac{3}{8}$ Turn right, stepping forward (7,30)
- & LFLock behind RF
- 2 RFstep forward
- 3 LF $\frac{1}{2}$ Turn right, Stepping backwards(1.30)
- & RFCross over LF
- 4 LFStep backwards
- 5 RF $\frac{1}{2}$ Turn right, stepping forward(7.30)
- & LFLock behind RF
- 6 RFStep forward
- 7 LFStep forward
- 8 RF $\frac{1}{2}$ Turn right, stepping forward(1.30)

S6: Walk L, R, Step fwd, Lock Step, Shuffle R, Step Fwd $\frac{5}{8}$ Turn L

- 1 LFStep forward(1.30)
- 2 RFStep forward
- & LFStep forward - (Go a little on the toes)
- 3 RFLock behind LF
- & LFSmall step forward
- 4 RFStep forward
- 5 LFStep forward
- & RFStep next to LF
- 6 LFStep forward
- 7 RFStep forward
- 8 LF $\frac{5}{8}$ Turn Left, stepping forward(6.00)

RESTART: In wall 2 after 32, counts, Add a $\frac{1}{4}$ Turn Right, to start the dance again on count 1.

TAG: After Wall 5 doing the following steps:

Right & Left Arm Up in the Air

1-4 Right arm up in the air

5-8 Left arm up in the air

Hips, R, L, R, L

1-2 Hips to the right

3-4 Hips to the left

5-6 Hips to the right

7-8 Hips to the left (weight ends on LF)

- While doing the hips you bring the arms down)

1 RFStep forward

2 LFStep forward

3 RFStep forward

4 LF $\frac{1}{2}$ Turn left, stepping forward.

After doing the tag, you will only be dancing the dance 2 more times. Dance the dance only up to count 32. (2x)

Enjoy, have fun!!