

Backwards

32 Count, 4 Wall, Improver

Choreographer: Rachael McEnaney (UK/USA)
& ContryVive (April 2014)

Choreographed to: Backwards by Rascal Flatts
(123bpm – iTunes, Amazon)

Intro: After long slow intro, start dance on fast beat after he sings “when you play a country song backwards”
Approx 43 secs. Count 1 is on the word ‘house’

1 – 8 R Stomp, L Sailor Stomp, R Behind, L Side, Stomp Fwd R-L (or leg slaps), R Shuffle

1 2 & 3 Stomp right to right side (1), cross left behind right (2), step right next left (&), stomp left to left side (3)

4 & Cross right behind left (4), step left to left side (&)

Tag: here during 7th Wall

5 6 Stomp right foot forward (5) (*option: flick left foot up behind right and slap with right hand (&)*),
Stomp left foot forward (6) (*option: hitch right knee and slap with left hand (&)*)

7 & 8 Step forward right (7), step left next to right (&), step forward right (8) 12.00

9 – 16 Fwd L, ½ Pivot R, Big Step L, Touch R, R Side, L Behind, R Ball, L Cross, R Side, L Heel

1 2 Step forward left (1), pivot ½ turn right (2), 6.00

3 4 Take big step to left side (3), touch right next to left (4)

5 6 Step right to right side (5), cross left behind right (6)

& 7 & 8 Step right to right side (&), cross left over right (7), step right to right side (&),
touch left heel to left diagonal (8) (*body angled to L diagonal*) 4.30

17 – 24 R & L heel Switch With Option To Hold or Double Heel, R&L Heel Switch, L Ball, R Rock Fwd

& 1 2 *Stay facing L diagonal* Step left next to right (&), touch right heel forward (1)
touch right heel forward **OR** hold (2) 4.30

& 3 4 *Begin making 1/8 turn left:* Step right next to left (&), touch left heel forward (3),
touch left heel forward **OR** hold (4) 4.30

& 5 & 6 *Finish making 1/8 turn left:* Step left next to right (&), touch right heel forward (5),
step right next to left (&), touch left heel forward (6) 3.00

& 7 8 Step left next to right (&), rock forward right (7), recover weight left (8)

25 – 32 Charleston Back, R Coaster Step, L Shuffle

1 2 3 4 Step back right (1), touch left toe back (2), step forward left (3), touch (or kick) right foot forward (4)

5 & 6 Step back right (5), step left next to right (&), step forward right (6)

7 & 8 Step forward left (7), step right next to left (&), step forward left (8) 3.00

TAG: 7th wall begins facing 6.00 – Do first 4& counts of the dance

(R stomp, L sailor stomp, R behind, L side) then do the following :

Step forward right (1), pivot ½ turn left (2), hold ‘approx’ 2 counts (3,4), then shimmy shoulders for 4 counts (*or step right to right side and alternate very fast R-L on the spot for 4 counts and take hands from hips up the body to above head*) (5,6,7,8)

Then start the dance again facing 12.00

Ending : There is an ending to the dance when they finish singing, we suggest you fade the music at this point.

10th wall begins facing 6.00 – The first 8 counts is normal speed then it slows down for next 8 counts.
After you touch left heel to diagonal on count 8 you should be facing 12.00.

Step in place on ball of left (&), cross right over left and unwind a full turn slowly to face the front.

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