

BACKWARDS

Choreographer: Rachael McEnaney & Countryvive

Description: 32 counts, 4 walls, Intermediate Line Dance

Music: Backwards by Rascal Flatts

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) 12.00

4& Cross right behind left (4), step left to left side (&), 12.00

5-6 Stomp R foot forw. (5) (option: flick L foot up behind R and slap with R hand (&), Stomp L foot forw. (6)

(option: hitch R knee and slap with L hand (&) 12.00

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

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) 6.00

5-6 Step right to right side (5), cross left behind right (6), 6.00

&7&8 Step R to R (&), cross L over R (7), step R to R (&), touch L heel to L diag. (8) (body angled to L diag.) 4.30

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 L: Step R next to L (&), touch L heel forward (3), touch L heel forward OR hold (4) 4.30

&5&6 Finish making 1/8 turn L: Step L next to R (&), touch R heel forw. (5), step R next to L (&), touch L heel forw. (6) 3.00

&7-8 Step left next to right (&), rock forward right (7), recover weight left (8) 3.00

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) 3.00

5&6 Step back right (5), step left next to right (&), step forward right (6) 3.00

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

REPEAT

TAG On wall 7 (06:00) after the first 4& counts of the dance

1-2-3-4 Step forward right, pivot ½ turn left, hold 2 counts

5-6-7-8 Shimmy shoulders for 4 counts

Then start the dance again facing (12:00)

