

# Step Back

Description: 4 Wall Line Dance, 32 Counts, Novice Beginner Level  
Choreographer: Bill Bader Vancouver, BC, Canada 2004  
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Music: Because this is an easy beginner dance, instructors are encouraged to pick their own favorite songs, fast or slow. Here are just some ideas:

- "Angelyne" by Nitty Gritty Dirt Band. 142 bpm. CD; Hold On.
- "Bad Dog, No Biscuit" by Daron Norwood. 156 bpm. CD: Boot Scootin' Boogie Nashville Linedancing Album 2.
- "Come On Back" by Carlene Carter. 132 bpm. CD: I Fell in Love.
- "Hold Your Horses" by E-Type. 140 bpm. CD: The Ultimate In Dance.
- "Johnny O" by Nitty Gritty Dirt Band. 166 bpm. CD: Workin Band. (out of print)
- "Sea Of Cowboy Hats" by Chely Wright. 156 bpm. CD: Woman In The Moon...or...  
CD: No. 1 Line Dance Album...or...Country Line Dancing.
- "Syncopated Rhythm" by Scooch. 136 bpm. CD: Line Dance Fever 10.
- "Walk Real Slow" by Hoopsnakes. 106 bpm. CD: Swingin' The Blues Vol. I. This song is recommended for those who like to put a lot of attitude into their dancing.
- "Walk Right Back" by Anne Murray. 144 bpm. CD: Now & Forever...or...Ultimate Collection.
- "Walking Backwards" by Brandon Sandefur. CD: Walking Backwards

## **1-8 BACK, TOGETHER, BACK, HITCH; FORWARD, TOGETHER, FORWARD, HITCH 1/2 TURN LEFT**

- 1-2-3 D derrière, G près du D. D derrière
- 4 Hitch le genou G
- 5-6-7 G devant, D près du G, G devant
- 8 Hitch le genou D et tourner 1/2 à gauche (face 06:00)

## **9-16 BACK, TOGETHER, BACK, HITCH; FORWARD, TOGETHER, FORWARD, HITCH 1/4 TURN LEFT**

- 1-2-3 D derrière, G près du D. D derrière
- 4 Hitch le genou G
- 5-6-7 G devant, D près du G, G devant
- 8 Hitch le genou D et tourner 1/4 à gauche (face 03:00)

## **17-24 VINE RIGHT 3 STEPS, HITCH; VINE LEFT 3 STEPS, HITCH**

- 1-2-3 D à droite, croiser G derrière D, D à droite
- 4 Hitch le genou G
- 5-6-7 G à gauche, D derrière G, G à gauche
- 8 Hitch le genou D

## **25-32 STEP BACK WITH HIP PUSH, HOLD, FWD HIP PUSH, HOLD; PUSH HIPS BACK-FWD-BACK-FWD**

- 1-2 D en arrière en poussant les hanches en arrière vers la droite, pause
- 3-4 Pousser les hanches en avant vers la gauche, pause
- 5-6 Pousser les hanches en arrière vers la droite, en avant vers la gauche
- 7-8 Pousser les hanches en arrière vers la droite, en avant vers la gauche

End of pattern. Begin again...

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