



## **BACK IT UP**

(aka: Rolling In The Deep)

Choreographed by Dancin' Terry

Description: 32 count, 4 wall intermediate line dance

Music: **Back It Up** by Caro Emerald - intro 32 counts

**Rolling In The Deep** by Adele - intro 8 counts

### **WALK RIGHT, LEFT, ANCHOR STEP, LEFT COASTER, BRUSH HITCH CROSS**

1-2 Step right forward, step left forward

3&4 Step right slightly behind left, step left in place, step right slightly behind left and slightly sideways

5&6 Step left back (squaring up to front wall), step right back, step left forward

7&8 Brush right foot, hitch right knee, cross right over left (weight on right)

### **COASTER, POINT & POINT, HEEL & HEEL, ROCK RECOVER**

1&2 Step left back, step right back, step left forward

3&4& Touch right toes to right side, step right together, touch left toes to left side, step left together

5&6& Touch right heel forward, step right together, touch left heel forward, step left together

7-8 Rock right forward, recover left

### **LOCK STEP BACK, TOUCH UNWIND, SCISSORS RIGHT & LEFT**

1&2 Step right back, lock left in front of right, step right back

3-4 Touch left toe behind right heel, unwind  $\frac{3}{4}$  turn (3:00) (weight on left)

5&6 Step right to right, step left next to right, cross right over left

7&8 Step left to left, step right next to left, cross left over right

### **ROCK RECOVER, FULL TURN TRIPLE IN PLACE, ROCK RECOVER, BACK, BACK, TURNING $\frac{1}{2}$ STEP FORWARD**

1-2 Right rock forward, recover left

3&4 Triple in place turning a full turn right, stepping right, left, right

*\*Variation for 3&4: Coaster step \**

5-6 Left rock forward, recover right

7&8 Step back left, step back right, turn  $\frac{1}{2}$  turn left stepping forward left (9:00)

### **REPEAT**