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Watch Your Back!

32 Count, 4 Wall, Improver

Choreographer: Gaye Teather (UK) April 2012

Choreographed to: Watch Your Back by Michael Learns To Rock (118 bpm), CD: Blue Night

Intro: 32 counts from first beat. (20 seconds). Start dancing just before vocals

Side stomp. Hold. Together. Cross. Side. Back rock. Chasse Right

- 1 – 2 Stomp Right to Right side. Hold
- &3 – 4 Step Left beside Right. Cross Right over Left. Step Left to Left side
- 5 – 6 Rock back on Right. Recover onto Left
- 7&8 Step Right to Right side. Step Left beside Right. Step Right to Right side

Cross. Unwind full turn Right. Chasse 1/4 turn Left. 1/4 turn Left with side rock. Together. Side. Drag

- 1 – 2 Cross Left over Right. Unwind a full turn Right (weight on Right)
(Non-turning option Left cross rock. Recover)
- 3&4 Step Left to Left side. Step Right beside Left. 1/4 turn Left stepping forward on Left
- 5 – 6 1/4 turn Left rocking Right to Right side. Recover onto Left (Facing 6 o'clock)
- &7 – 8 Step Right beside Left. Step Left to Left side. Drag Right to touch beside Left

Back Right. Back Left (with knee pops). Coaster step. Cross. Flick. Diagonal shuffle

- 1 – 2 Step back on Right (popping Left knee forward). Step back on Left (popping Right knee forward)
- 3&4 Step back on Right. Step Left beside Right. Step forward on Right
- 5 – 6 Cross step Left over Right. Flick Right back turning to face Left diagonal
- 7&8 Step Right forward to Left diagonal. Step Left beside Right. Step Right forward to Left diagonal

Lunge. Recover. Back. Side. Cross. Side. 1/4 turn Left. Kick-ball-cross

- 1 – 2 Still facing Left diagonal lunge forward on Left bending Left knee. Recover onto Right
- 3&4 Step back on Left. Straighten up to face 12 o'clock stepping Right to Right side. Cross Left over Right
- 5 – 6 Step Right to Right side. 1/4 turn Left (Facing 3 o'clock)
- 7&8 Kick Right forward. Step Right beside Left. Cross Left over Right

***Tag:** At the end of wall 3 (Facing 9 o'clock) add the following 8 count tag and then restart from beginning facing 9 o'clock

Right side stomp. Bump hip Right. Bump hips Left-Right-Left. Back rock. Kick-ball-cross

- 1 – 2 Stomp Right to Right side (weight on Left) Transfer weight to Right bumping Right hip to Right
- 3&4 Bump hips Left. Right. Left
- 5 – 6 Rock back on Right. Recover onto Left
- 7&8 Kick Right forward. Step Right beside Left. Cross Left over Right

Music download available from iTunes, Amazon

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