

Back And Forth

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Beginner Level Dance.

Choreographed by: Frank Trace (USA) May 2021

Choreographed to: Back And Forth by Cameo
Intro: 48 Counts. Start on vocal at approx 26 secs.

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1-2	Rock R forward, recover onto L,
2 4	
3-4	Rock R back, recover onto L
5-6	Rock R forward, recover onto L,
7-8	Step R ¼ turn right, touch L next to R (3:00)
SEC 2	STEP TOUCHES LEFT & RIGHT, ROCK L FORWARD, RECOVER, 1/4 TURN LEFT, TOUCH
1-2	Step L to left side, touch R next to L,
3-4	Step R to right side, touch L next to R
5-6	Rock L forward, recover onto R,
7-8	Step L ¼ turn left, touch R next to L (12:00)
SEC 3	VINE RIGHT, VINE LEFT ¼ TURN LEFT, SCUFF
1-2	Step R to right side, step L behind R,
3-4	Step R to right side, touch L next to R
5-6	Step L to left side, step R behind L,
7-8	Step L ¼ left, scuff R forward (9:00)
SEC 4	SYNCOPATED HIP STRUTS, "V" STEP
1&2	Touch R toe forward while bumping hips R, L, R (drop R heel on count 2)
3&4	Touch L toe forward while bumping hips L, R, L (drop L heel on count 4)
	Step R diagonal forward right, step L diagonal forward left,
5-6	Step It diagonal forward right, step E diagonal forward left,
7-8 SEC 4 1&2 3&4	Step L ¼ left, scuff R forward (9:00) SYNCOPATED HIP STRUTS, "V" STEP Touch R toe forward while bumping hips R, L, R (drop R heel on count 2) Touch L toe forward while bumping hips L, R, L (drop L heel on count 4)

