

Step Back

Description: 4 Wall Line Dance, 32 Counts, Novice Beginner Level
Choreographer: Bill Bader Vancouver, BC, Canada 2004
Choreographer Contact: 604-684-2455 billbader@hotmail.com <http://www.billbader.com>

Music: Because this is an easy beginner dance, pick your own favorite song, fast or slow. 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. (Choreographer's favorite) CD: Workin Band.
That CD is out of print, but this song is now available in Australia from Jan Wyllie on the compilation: "Dancing with Bill and Jan" at <http://www.members.iinet.net.au/~janwyllie>
"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 Step RIGHT back, Step LEFT beside Right, Step RIGHT back
4 Hitch LEFT knee up
5-6-7 Step LEFT forward, Step RIGHT beside Left, Step LEFT
8 Hitch R knee up across L turning 1/2 left (now facing the 6:00 wall)

9-16 BACK, TOGETHER, BACK, HITCH;
FORWARD, TOGETHER, FORWARD, HITCH 1/4 TURN LEFT
1-2-3 Step RIGHT back, Step LEFT beside Right, Step RIGHT back
4 Hitch LEFT knee up
5-6-7 Step LEFT forward, Step RIGHT beside Left, Step LEFT
8 Hitch R knee up across L turning 1/4 left (now facing the 3:00 wall)

17-24 VINE RIGHT 3 STEPS, HITCH;
VINE LEFT 3 STEPS, HITCH
1-2-3 Step RIGHT to right side, Cross Step LEFT behind RIGHT, Step RIGHT to right side
4 Hitch LEFT knee up
5-6-7 Step LEFT to left side, Cross Step RIGHT behind LEFT, Step LEFT to left side
8 Hitch RIGHT knee up

25-32 STEP BACK WITH HIP PUSH, HOLD, FWD HIP PUSH, HOLD;
PUSH HIPS BACK-FWD-BACK-FWD
1-2 Step RIGHT back pushing hips back to right, Hold. (Feet remain in place now until the end.)
3-4 Push hips forward to left, Hold
5-6 Push hips back to right, then forward to left
7-8 Push hips back to right, then forward to left
End of pattern. Begin again...