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M.C.B.A.

32 Count, 2 Wall, Beginner Contra

Choreographer: Marlene Jakobsen (Den) March 2013

Choreographed to: Back Again (clean version) by Mr. Cheeks
(120bpm)

Intro: 32 counts, app 18 sec. into track - dance begins with weight on L

Note 1: This is a little different because you start the dance back to back.

Lines 1, 3, 5, 7 etc. will start the dance facing the front. Lines 2, 4, 6, 8 etc. will start the dance facing the back.

Note 2: If you don't want to dance contra, then you can change the dance into a 4 wall.

1-8 Side grind, touch x 4

1-2 (1) Step R to R grinding L heel, (2) touch L next to R 12.00

3-4 (3) Step L to L grinding R heel, (4) touch R next to L 12.00

5-6 (5) Step R to R grinding L heel, (6) touch L next to R 12.00

7-8 (7) Step L to L grinding R heel, (8) touch R next to L 12.00

10-16 Step 1/2 turn, step, kick, jazz box with a touch

1-2-3-4 (1) Step fwd. on R, (2) turn 1/2 L, (3) step fwd. on R, (4) kick L low fwd. 6.00

5-6-7-8 (5) Cross L over R, (6) step back on R, (7) step L to L, (8) touch R next to L 6.00

Option: (2) Turn 1/4 L (facing 9.00) and thereby making it 4 walls non contra

17-24 Side, together, side, hitch, repeat

1-2-3-4 (1) Step R to R, (2) step L next to R, (3) step R to R, (4) hitch L 6.00

5-6-7-8 (5) Step L to L, (6) step R next to L, (7) step L to L, (8) hitch R 6.00

25-32 Point & point, ball, heel & heel, ball, diagonal step, drag, diagonal step, drag

1&2& (1) Point R to R, (&) step R next to L, (2) point L to L, (&) step L next to R 6.00

3&4& (3) Touch R heel fwd., (&) step R next to L, (4) touch L heel fwd., (&) step L next to R 6.00

5-6 (5) Step R to R diagonal popping knees apart dipping down, (6) drag L towards R 6.00

7-8 (7) Step L to L diagonal popping knees outward apart dipping down, (8) drag R towards L 6.00

Option: If you don't want the syncopations in counts 1-4, you can change it into:

(1) Point R to R, (2) step R next to L, (3) point L to L, (4) step L next to R

Note: It's when you do counts 5-6-7-8 that you will pass each other, so the diagonal steps have to be big (ish)

Music download available from Amazon.

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