

# BACK ON TRACK

Choreo: Lilly Hollnsteiner & Mario Niederhuber  
Music: I Got My Baby Back – Derek Ryan  
Typ: Intermediate / 80 Counts / 4 Wall / Couple Dance



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## SECT-1

**D: BACK ROCK, STOMP, STOMP, SLOW COASTER STEP, SCUFF**  
**H: BACK ROCK, STOMP, STOMP, SLOW COASTER STEP FWD, SCUFF**

D: 1 – 2 Rock PD derriere – retour s/PG  
H: Rock PG derriere – retour s/PD  
D: 3 – 4 Stomp PD a cote du PG – Stomp PG a cote du PD  
H: Stomp PG a cote du PD – Stomp PD a cote du PG  
D: 5 – 8 PG derriere - PD a cote du PG – PG devant – Scuff PD a cote du PG  
H: PD devant – PG a cote du PD – PD derriere - Scuff PG a cote du PD



## SECT-2

**D: WEAVE RIGHT, SIDE ROCK ¼ TURN R, ¾ TURN R, SCUFF**  
**H: WAVE LEFT, SIDE ROCK ¼ TURN L, ¾ TURN L, SCUFF**

D: 1 – 4 PD a droite – PG croise derriere PD – PD a droite – PG croise devant PD  
H: PG a gauche – PD croise derriere PG - PG a gauche – PD croise devant PG  
D: 5 – 6 ¼ tour D, Rock PD a droite – retour s/PG  
H: ¼ tour G, Rock PG a gauche – retour s/PD  
D: 7 – 8 ¾ tour D, PD devant – Scuff PG a cote du PD  
H: ¾ tour G, PG devant – Scuff PD a cote du PG



## SECT-3

**D: WEAVE LEFT, ¼ TURN L ROCK FWD, ¼ TURN L, TOE STRUT**  
**H: GRAPEVINE RIGHT, SCUFF, GRAPEVINE LEFT, STOMP**

D: 1 – 4 PG a gauche – PD croise derriere PG - PG a gauche – PD croise devant PG  
H: PD a droite – PG croise derriere PD – PD a droite – Scuff PG a cote du PD  
D: 5 – 6 ¼ tour G, Rock PG a gauche – retour s/PD  
H: PG a gauche – PD croise derriere PG  
D: 7 – 8 ¼ tour G, Touch Pointe G a cote du D – poser Talon G au sol  
H: PG a gauche – Stomp PD a cote du PG



## SECT-4

**D&H: TOE STRUT, TOE STRUT, KICK, HOOK, KICK, FLICK**

D&H: 1 – 4 Touch Pointe D a G – poser Talon D au sol – Touch Pointe G a D – poser Talon G au sol  
D&H: 5 – 8 Kick PD devant – Hook PD devant Tibia G – Kick PD devant – Flick PD derriere



## SECT-5

**D&H: STEP ½ TURN L, STEP, HOLD, STEP, ½ TURN R, ¼ TOE STRUT TURN R**

D&H: 1 – 4 PD devant – ½ tour G – PD devant – Pause  
D&H: 5 – 6 PG devant – ½ tour D  
D&H: 7 – 8 ¼ tour D, Touch Pointe D gauche – Poser Talon D au sol



## SECT-6

**D: TOE STRUT ¼ TURN R, TOE STRUT ¼ TURN R, BACK ROCK, STEP, STEP**  
**H: TOE STRUT R, TOE STRUT L, BACK ROCK, STEP, SCUFF**

D: 1 – 2 ¼ tour D, Touch Pointe D devant – Poser Talon D au sol  
H: Touch Pointe D a G – Poser Talon D au sol  
D: 3 – 4 ¼ tour D, Touch Pointe G a D – Poser Talon G au sol



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H: Touch Pointe G a D – Poser Talon G au sol  
D: 5 – 6 Rock PD derriere – retour s/PG  
H: Rock PG derriere – retour s/PD  
D: 7 – 8 PD devant – PG devant  
H: PG devant – Scuff PD a cote du PG

## SECT-7 D&H: GRAPEVINE RIGHT WITH TOUCH, ROLLING VINE LEFT WITH STOMP

D&H: 1 – 4 PD a droite – PG croise derriere PD – PD a droite – Touch Pointe G a cote du PD  
D&H: 5 – 8 ¼ tour G, PG devant – ½ tour G, PD derriere – ¼ tour G, PG a gauche – Stomp PD a cote du PG

## SECT-8 D&H: SIDE, STOMP, DIAG SIDE, STOMP & HIP BUMP, KICK, KICK, BACK ROCK

D&H: 1 – 2 PD droite – Stomp PG a cote du PD  
D&H: 3 – 4 PG devant diag G – Stomp PD a cote du PG  
D&H: 5 – 8 Kick PD devant 2X - Rock PD derriere – retour s/PG



## SECT-9 D: STEP, ½ TURN L, TOE STRUT ½ TURN L, SIDE, STOMP, SIDE, STOMP UP H: TOE STRUT R, TOE STRUT L, SIDE, STOMP, SIDE, STOMP UP

D: 1 – 4 PD devant – ½ tour G – Touch Pointe D devant – ½ tour G, Poser Talon D au sol  
H: Touch Pointe D a G – Poser Talon D au sol – Touch Pointe G a D – Poser Talon G  
D: 5 – 8 PG a gauche – Stomp PD a cote du PG – PD a droite – Stomp Up PG a cote du PD  
H: PD a droite – Stomp PG a cote du PD – PG a gauche – Stomp Up PD a cote du PG



## SECT-10 D: KICK & JUMP FWD TWICE ½ TURN R, STEP BACK, STOMP, APPLEJACKS H: FLICK & JUMP BACK TWICE ½ TURN R, STEP FWD, STOMP, APPLEJACKS

D: 1 – 2 (en sautant) Kick PG devant, ½ tour G s/PD et Hitch Genou D 2x (...???)  
H: (en sautant) Flick PD derriere, ½ tour D s/PG et Hitch Genou D 2x (....???)  
D: 3 – 4 PG derriere – Stomp PD a cote du PG  
H: PD devant – Stomp PG a cote du PD  
D: 5 – 6 Swivel Talon G et Pointe D a droite – retour au centre  
H: Swivel Talon D et Pointe G a gauche – retour au centre  
D: 7 – 8 Swivel Talon D at Pointe G a gauche – retour au centre  
H: Swivel Talon G et Pointe D a droite – retour au centre

