

# BACKFIELD IN MOTION Pg 1 of 2

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**MUSIC:** “Backfield In Motion” by Mel & Tim 2:34 from album Good Guys  
Only Win In The Movies download Amazon.com  
**RHYTHM:** JIVE RAL PHASE III + 1 [pretzel trn] + 1 U [trng hip bumps]  
**FOOTWORK:** Opposite unless indicated  
**SEQUENCE:** INTRO A A B A C BRIDGE A B A END  
**SPEED:** as on download. Adjust for comfort.

Released: 6/11 Sequence Corrected 6/11

## INTRO

- 1-4 WAIT;; M HOLD (TRNG HIP BUMPS);;  
1-2 Fcg ptr WALL lead ft free hnds on hips 2 ft apt wait;;  
3 M hold,-,-(W with wt on L comm LF trn stepping on ball of R ft & pushing R hip out, rec L, cont trn stepping on ball of R ft & pushing R hip out, rec L);  
4 REPEAT MEAS 3 INTRO blending to semi;

## PART A

- 1-4 SD TCH & R CHASSE; PRETZEL TRN—RK & UNWRAP;;;  
1 {SD TCH & R CHASSE} Sd L/tch R to L, sd R/cl L, sd R;  
2-4 {PRETZEL TRN—RK & UNWRAP} Rk bk L, rec R, sd L/cl R, sd L trng 1/2 RF (W LF) keeping lead hnds jnd; sd R/cl L, sd R trng 1/4 RF to bk/bk V pos lead hnds jnd bhd bk, rk fwd L, rec R; sd L/cl R, sd L trng 1/2 LF, sd R/cl L, sd R to fc ptr WALL;  
5-8 CHNG R TO L—CHNG L TO R;;; PROG RKS;  
5-7 {CHNG R TO L} Rk bk L to SCP, rec R, sd L/cl R, sd L trng 1/4 RF to fc LOD (W rk bk R to SCP, rec L, sd R/cl L, fwd R trng 3/4 RF undr jnd lead hnds); sd & fwd R/cl L, sd R, (W sd & bk L/cl R, sd & bk L), {CHNG L TO R} rk apt L, rec R(W rk apt R, rec L); sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R (W fwd R/cl L fwd R trng 3/4 LF undr jnd lead hnds, sd L/cl R. sd L) end fcg ptr WALL jn both hnds;  
8 {PROG RKS} rk apt L, XRIF of L, rk apt L, XRIF of L;

## REPEAT PART A

## PART B

- 1-3 2 FWD TRIPLES; SWIVEL 4; THROWAWAY;  
1 {FWD TRIPLES}blending to SCP fwd L/cl R, fwd L, fwd R/cl L, fwd R;  
2 {SWIVEL 4} In SCP swivel fwd L, fwd R, fwd L, fwd R;  
3 {THROWAWAY} In SCP sd L/cl R leading W twd LOD, sd L, sd R/cl L, sd R trng 1/4 LF to fc ptr LOD LOP (W fwd R/L, R picking up twd LOD, sd & bk L/cl R, sd L trng 1/2 RF to fc ptr RLOD LOP);

PART B (CONT)

- 4-8 CHNG HNDS BHD BK TWICE;;; LINK RK SCP—RK BK RECOV;;  
4-6 {CHNG HNDS BHD BK X 2} lead hnds jnd fcg LOD rk apart L, rec R, sm fwd L/cl R changing W's R hnd to M's R hnd, fwd L trng 1/4 LF; sm sd & bk R/cl L changing W's R hnd to M's L hnd, sd R cont trng 1/4 LF to fc ptr RLOD lead hnds jnd, rk apt L, rec R; sm fwd L/cl R, fwd L trng 1/4 LF, sm sd & bk R/cl L trng 1/4 RF to fc ptr LOD;  
7-8 {LINK RK SCP} rk apt L, rec R, comm RF trn sd L/cl R, sd L blending to CP; cont RF trn to fc WALL sd R/cl L, sd R blending to SCP, {RK BK RECOV} rk bk L, rec R in SCP;

REPEAT PART A

PART C

- 1-4 AWAY KICK FC TCH X 2;; VINE 8;;  
1-2 {AWAY KICK FC TCH X 2} In SCP step in plc L, release lead hnds & op out to half op LOD kick R foot fwd twd LOD with pointed toe, trn 1/4 RF to fc ptr WALL step on R foot & tch lead hnds, tch L foot to R foot; REPEAT MEAS 1 PART C;  
3 {VINE 8} blending to BFLY sd L, XRIB of L, sd R, XRIB of L;  
4 REPEAT MEAS 3 PART C;  
5-8 AWAY KICK FC TCH X 2;; VINE 8;;  
5-8 REPEAT MEAS 1-4 PART C;;;;

BRIDGE

- 1 PROG RKS;  
1 REPEAT MEAS 8 PART A;  
REPEAT PART A  
REPEAT PART B  
REPEAT PART A  
END  
1-4 ROLL 3 LOD CLAP; ROLL 3 RLOD CLAP; VINE 8;;  
1 {ROLL 3 LOD CLAP} roll LF L, R, L, tch R & clap hnds;  
2 {ROLL 3 RLOD CLAP} roll RF R, L, R, tch L & clap hnds;  
3-4 {VINE 8} REPEAT MEAS 3 & 4 PART C;;  
5-8 ROLL 3 LOD CLAP; ROLL 3 RLOD CLAP; VINE 4 FC LOD; LUNGE APART & RAISE LEAD ARMS STRAIGHT UP & HOLD;  
5-6 REPEAT MEAS 1 & 2 ENDING;;  
7 REPEAT MEAS 3 PART C trng to fc LOD;  
8 Lunge apart L (W R) both raise lead arms straight up with hand in a fist trail hnds on hips & hold;