

Back In The Saddle

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Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: Fred Whitehouse (IRE) & Shane McKeever (IRE) - September 2025

**Tag: Wall 3 / Little Tag: Wall 5 / Restart: Wall 7 After 16 / Double Tag: Wall 8 / Ending 8
Count step to Side w/ Lasso**

STEP, SWEEP, STEP, SWEEP, STEP, SIT, SAMBA, WALK, WALK

1,2 Step R back, sweeping L from front to back (1), Step L back, sweeping R from front to back (2)

3,4 Step R back, sitting back on R, popping L knee up (3), Recover onto L (4)

5&6 Cross R over L (5) , Step L to L, turning 1/8 R (7), Step R next to L (6) (1:30)

7,8 Step L forward (7), Step R forward (8)

HEEL, TAP, KICK, STEP, CROSS, ROCK, RECOVER, 1/2 L SAILOR

1&2 Heel L forward (1), Step L forward (7), Tap R toe behind L (2) (1:30)

&3 Step R next to L (7), Kick L forward, squaring up to 12:00 (3),

&4 Step L next to R (&), Cross R over L (4) (12:00)

5,6 Rock L to L (5), Recover onto R (6)

7&8 Turn 1/4 L, crossing L behind R (7), Step R next to L (&), Turn 1/4 L Stepping L forward (8) (6:00)

DOROTHY, HEEL, BALL, CROSS, STEP, 1/4 R, STEP, SKATE, SKATE

1,2 Step R to R diagonal (1), Cross L behind R (2)

&3&4 Step R to R side (&), Tap L heel forward to L diagonal (3), Close L next to R (&), Cross R over L (4)

5,6& Step L to L (5), Turn 1/4 R, cross R behind L (6), Step L next to R (&) (9:00)

7,8 Skate R (7), Skate L (8) (9:00)

STEP, SCUFF, HITCH, TRIPLE, ROCK, RECOVER 1/2 TURN, BACK SHUFFLE 1/2 TURN

1&2 Step R forward (1), Scuff L next to R (&), Hitch L (2)

3&4 Step L forward (3), Step R next to L (&), Step L forward (4)

5&6 Rock R forward (5), Recover onto L (6), Turn $\frac{1}{2}$ R, stepping R forward (6)

7&8 Turn $\frac{1}{4}$ R, stepping L to L (7), Step R next to L (&), Turn $\frac{1}{4}$ R, stepping L back (8)

TAG:

STEP, TOUCH, STEP, TOUCH, KICK, OUT-OUT, DIP W/ LASSO

1,2 Step R diagonally back (1), Touch L next to R (2)

3,4 Step L diagonally back (3), Touch R next to L (4)

5&6 Kick R forward (5), Step R to R (&), Step L to L (6)

7,8 Dip hips down on R, rolling up towards L (7,8) (making Lasso movement w/ R arm)

STEP, $\frac{1}{2}$ TURN, COASTER, STEP, $\frac{1}{2}$ TURN, COASTER WITH PRESS

1,2 Step R forward (1), Turn $\frac{1}{2}$ R, stepping L back (2)

3&4 Step R back (3), Step L next to R (7), Step R forward (4)

5,6 Step L forward (5), Turn $\frac{1}{2}$ L, stepping R back (6)

7&8 Step L back (7), Step R next to L (7), Press L forward (8)

Last Update: 16 Sep 2025