

# Back By Dope Demand

Choreographers: Roy Verdonk & Eleni de Kok

~Official GOLD competition dance 2025 - 2026~

Type of dance: 112 Count, 1 Wall, Funky - Line Dance  
 Level: Stars  
 Music: "Back By Dope Demand" by King Bee (GOLD Edit – Original Speed)  
 Intro: 16 counts from first beat in music (app. 8 seconds into track)

Counts	Movement Description	End facing
<b>1 – 8</b>	<b>Diagonal Running Man 4x, Step Fwd, Sweep, Close, Kick Ball Drop</b>	
1 &	Jump R diagonally R forward & L diagonally L back (1), Step R next to L, hitching L (&)	12:00
2 &	Jump L diagonally L forward & R diagonally R back (2), Step L next to R, hitching R (&)	12:00
3 & 4	Jump R diagonally R forward & L diagonally L back (3), Step R next to L, hitching L (&), Jump L diagonally L forward & R diagonally R back (4)	12:00
5 – 6	Step R forward & sweep L forward (5), Step L next to R (6)	12:00
7 & 8	Kick R forward (7), Step R next to L (&), Bend both knees (8)	12:00
<b>9 – 16</b>	<b>Jump Out, Close, Hitch, Sailor Step, Touch, Step R, Hitch, Kick Ball Cross</b>	
1 – 2	Jump both feet out (1), Step R next to L, hitching L (2)	12:00
3 & 4	Cross L behind R (3), Step R to R side (&), Step L to L side (4)	12:00
& 5 – 6	Touch R next to L (&), Step R to R side (5), Hitch L (6)	12:00
7 & 8	Kick L forward (7), Step L next to R (&), Cross R over L (8)	12:00
<b>17 – 24</b>	<b>2 Full Turning Kick Steps, Step L, Close, Knee Bounce 2x</b>	
1 & 2 &	Turn ¼ L kicking L forward (1), Step L forward (&), Turn ½ L kicking R back (2), Step R back (&)	3:00
3 & 4 &	Turn ½ L kicking L forward (3), Step L forward (&), Turn ½ L kicking R back (4), Step R back (&)	3:00
5 & 6	Turn ¼ L kicking L to L side (5), Step L to L side (&), Step R next to L (6)	12:00
7 & 8 &	Bend both knees (7), Straighten both knees (&), Bend both knees (8), Straighten both knees (&)	12:00
<b>25 – 32</b>	<b>Out Out, Step Back &amp; Drag, Step R, Knee Swivel, Hitch Ball Step, Step Fwd, ¼ Turn Hitch</b>	
1 & 2 - 3	Step L to L side (1), Step R to R side (&), Step L back (2), Drag R towards L (3)	12:00
& 4 & 5	Step R to R side (&), Twist both knees in (4), Twist both knees to centre (&), Hitch L (5)	12:00
& 6 – 8	Step L slightly behind R (&), Step R forward (6), Step L forward (7), Turn ¼ L hitching R (8)	12:00
<b>33 – 40</b>	<b>¼ Turn L, Walk R L, ½ Turn L Side Cross Back &amp; Sweep, Sailor Step 2x</b>	
1 – 2	Turn ¼ L stepping R forward (1), Step L forward (2)	6:00
3 & 4	Turn ¼ L stepping R to R side (3), Cross L over R (&), Turn ¼ L stepping R back & sweep L back (4)	12:00
5 & 6	Cross L behind R (5), Step R to R side (&), Step L to L side (6)	12:00
7 & 8	Cross R behind L (7), Step L to L side (&), Step R to R side (8)	12:00
<b>41 – 48</b>	<b>Ball Step R, Cross, ¼ Turn L, Step Back, ½ Turn L, Step Fwd, ¼ Turn L, Touch, Step Back, ¼ Turn R, Touch, Step Back &amp; Heel Drag</b>	
& 1 – 2	Step L next to R (&), Step R to R side (1), Cross L over R (2)	12:00
3 – 6	Turn ¼ L stepping R back (3), Turn ½ L stepping L forward (4), Turn ¼ L touching R next to L while rising up on toes (5), Step R back (6)	12:00
7 – 8	Turn ¼ R touching L next to R while rising up on toes (7), Step L back dragging R towards L (8)	3:00
<b>49 – 56</b>	<b>Hold Ball Step, ½ Turn R, Full Turn R, Syncopated Lock Steps 2x, ¼ Turn R, Step L</b>	
1 & 2	Hold (1), Step R next L (&), Step L forward (2)	3:00
3 – 4	Turn ½ R stepping on R (3), Full Turn R touching L next to R (4)	9:00
5 & 6	Step L forward (5), Lock R behind L (&), Step L forward (6)	9:00
& 7 & 8	Step R forward (&), Lock L behind R (7), Step R forward (&), Turn ¼ R stepping L to L side (8)	12:00
<b>Count 57 – 112 can be found on the next page</b>		

<b>57 – 64</b>	<b>Body Roll Up, Flick R, Step Fwd, Flick L, Heel V Step, Step Fwd, Hook</b>	
1 – 2	Bend both knees (1), Roll body up while straighten both knees (2)	12:00
3 & 4	Flick R to R side (3), Step R forward (&), Flick L to L side (4)	12:00
5 & 6 &	Step L heel diagonally L forward (5), Step R heel to R side (&), Step L back (6), Step R next to L (&)	12:00
7 – 8	Step L forward (7), Hook R in front of L knee (8)	12:00
<b>65 – 72</b>	<b>Diagonal Slide Back With Hitch 2x, 1/8 Turn R, Step R, Knee Pulses, Jump Switches</b>	
1 – 4	Step R diagonally R back (1), Hitch L (2), Step L diagonally L back (3), Hitch R (4)	12:00
5 & 6	Turn 1/8 R stepping R to R side & bend both knees (5), Straighten both knees (&), Bend both knees (6)	1:30
7 & 8	Hold (7), Jump L forward & jump R back (&), Jump R forward & jump L back (8)	1:30
<b>73 – 80</b>	<b>1/8 Turn L, Kick &amp; Rock Step 2x, Full Turn Walk/Run Around</b>	
1 & 2 &	Turn 1/8 L kicking L forward (1), Step L next to R (&), Rock R to R side (2), Recover on L (&)	12:00
3 & 4 &	Kick R forward (3), Step R next to L (&), Rock L to L side (2), Recover on R (&)	12:00
5 – 7 & 8	Turn 1/4 L stepping L forward (5), Turn 1/4 L stepping R forward (6), Turn 1/4 L stepping L forward (7), Step R forward (&), Turn 1/4 L stepping L forward (8) (Tip: think more in walking and running in a full circle)	12:00
<b>81 – 88</b>	<b>Close &amp; Slide 2x, Cross Rock Step &amp; Side 2x</b>	
1 – 2	Step R next to L & lift both heels (1), Step L to L side (2)	12:00
3 – 4	Step R next to L & lift both heels (3), Step R to R side (4)	12:00
5 & 6	Cross rock L over R (5), Recover on R (&), Step L to L side (6)	12:00
7 & 8	Cross rock R over L (7), Recover on L (&), Step R to R side (8)	12:00
<b>89 – 96</b>	<b>Cross Rock Step &amp; Side 2x, Full Turn L, Step R, Pose, Head Movement</b>	
1 & 2	Cross rock L behind R (1), Recover on R (&), Step L to L side (2)	12:00
3 & 4	Cross rock R behind L (3), Recover on L (&), Press R to R side (4)	12:00
5 – 6	Step on L & turn a full turn L (5), Step R to R side (6)	12:00
7 – 8	Lean R & fold arms over each other (7), Bring chin up & down (8)	12:00
<b>97 - 104</b>	<b>Grapevine L, Step R Out, Apple Jack 4x</b>	
1 – 4	Step L to L side (1), Cross R behind L (2), Step L to L side (3), Step R to R side (4)	12:00
5 &	Swivel L toe to L side & Swivel R heel to L side (5), Swivel both to centre (&)	12:00
6 &	Swivel R toe to R side & Swivel L heel to R side (6), Swivel both to centre (&)	12:00
7 &	Swivel L toe to L side & Swivel R heel to L side (7), Swivel both to centre (&)	12:00
8 &	Swivel R toe to R side & Swivel L heel to R side (8), Swivel both to centre (&)	12:00
<b>105 – 112</b>	<b>Grapevine R, Step L Out, Apple Jack 4x</b>	
1 – 4	Step R to F side (1), Cross L behind R (2), Step R to R side (3), Step L to L side (4)	12:00
5 &	Swivel R toe to R side & Swivel L heel to R side (5), Swivel both to centre (&)	12:00
6 &	Swivel L toe to L side & Swivel R heel to L side (6), Swivel both to centre (&)	12:00
7 &	Swivel R toe to R side & Swivel L heel to R side (7), Swivel both to centre (&)	12:00
8 &	Swivel L toe to L side & Swivel R heel to L side (8), Swivel both to centre (&)	12:00