

Back In My Life

Count: 32

Wall: 4

Level: Beginner

Choreographer: Russibell Seoh (KOR) - September 2023

Music: Back In My Life (Radio Edit) - Fly Project



Intro : 32 Counts - No Tag ! / No Restart !

Sec1 : Fwd Heel Grind R Heel From L To R , Recover On L , (Travelling Slightly Back) Step R To R Diagonal Back , Step L To L Diagonal Back , Step R Back, Step L Beside R , Point R Side , Close R Next To L, Point L To L Side , 1/4 L Turn Close L Next To R

1 2 Fwd Heel Grind R Heel From L To R , Recover On L

&3&4 (Travelling Slightly Back) Step R To R Diagonal Back , Step L To L Diagonal Back , Step R Back, Step L Beside R

5678 Point R Side , Close R Next To L, Point L To L Side , 1/4 L Turn Step Close L Next To R (9 :00)

Sec2 : Cross R , Hitch Cross L Over R , Cross L Over R , Hold , R Side , Cross L Over R, Hold , R Side , Cross L Over R , Flick Cross R Over L

1 2 Cross R , Hitch Cross L Over R

34& Cross L Over R , Hold , R Side

56& Cross L Over R, Hold , R Side

78 Cross L Over R , Flick Cross R Over L

Sec3 : Prissy Walk R , Hold, Prissy Walk L , Hold , R Side & Clockwise Hip Roll For Four Counts

1234 Prissy Walk R , Hold, Prissy Walk L , Hold

5678 R Side & Clockwise Hip Roll For Four Counts Weight On R

Sec4 : Cross L Over R , 1/2 R Turn Cross R Over L , Slowly Kick L Fwd , Hold , In Place Step L , Jazz-box

1 2 Cross L Over R , 1/2 R Turn Cross R Over L

34& Slowly Kick L Fwd , Hold , In Place Step L

Styling : Kick gently forward while lying on your back

5678 R Cross , Step L Back, R Side , Together (Or L Fwd)

Styling : Shake Your Shoulders While Doing Jazz-Box

Happy Dancing !!