

# Back In My Life

COPPERKNOB  
BY STEPHEN

拍数: 64      墙数: 4      级数: High Intermediate  
编舞者: Wil Bos (NL) - April 2016  
音乐: Back In My Life (Radio Edit) - Fly Project : (Album: Back In My Life)



Intro: 32 counts

## S1: Jazz Box Cross, Unwind $\frac{5}{8}$ R, Step Lock Step Bkw, Coaster

1-4            RF cross over, LF step back, RF step side, LF cross over  
5              L+R  $\frac{5}{8}$  turn right (weight LF)  
6&7           RF step back, LF across, RF step back  
8&1           LF step back, RF together, LF step forward [7.30]

## S2: Hold, Together, Fwd, Step Lock Step, Walk x2, Step Lock Step

2&3           hold, RF together, LF step forward  
4&5           RF step forward, LF lock behind, RF step forward  
6-7           LF step forward, RF step forward  
8&1           LF step forward, RF lock behind, LF step forward [7.30]

## S3: Rock Fwd Recover, Sailor Cross $\frac{5}{8}$ R, Side, Together, Chassé $\frac{1}{4}$ L

2-2           RF rock forward, LF recover  
4&5           RF  $\frac{5}{8}$  right cross behind, LF step beside, RF cross over  
6-7           LF step side, RF together  
&1            LF step side, RF together, LF  $\frac{1}{4}$  left step forward [12]

## S4: Rock Fwd Recover, $\frac{1}{4}$ L Coaster, Rock Fwd Recover, $\frac{1}{4}$ L Chassé

2-3           RF rock forward, LF recover  
4&5           RF step back, LF  $\frac{1}{4}$  left together, RF step forward  
6-7           LF rock forward, RF recover  
8&1           LF  $\frac{1}{4}$  left step side, RF together, LF step side [6]

## S5: Hold, Together, Side, Cross Samba x2, Mambo Fwd

2&3           hold, RF together, LF step side  
4&5           RF cross over, LF rock side, RF recover  
6&7           LF cross over, RF rock side, LF recover  
8&1           RF rock forward, LF recover, RF step back [6]

## S6: Step Lock Step Bkw, Kick Ball Touch x2, Sweep/Behind Side Cross

2&3           LF step back, RF lock across, LF step back  
4&5           RF kick forward, RF step beside on ball foot, LF touch beside  
6&7           LF kick forward, LF step beside on ball foot, RF touch beside  
8&1           RF sweep and cross behind, LF step side, RF cross over [6]

## S7: Sway x2, Chasse $\frac{1}{4}$ L, Mambo Fwd, Mambo Bkw

2-3           LF step side and hips left, hips right  
4&5           LF step side, RF together, LF  $\frac{1}{4}$  left step forward  
6&7           RF rock forward, LF recover, RF step back  
8&1           LF rock back, RF recover, LF step forward [3]

## S8: Cross, Diag Back x2, Cross, Diag Back, $\frac{1}{2}$ L Fwd, Jump Fwd

2-4           RF cross over, LF step diag. left back, RF step diag. right back  
5-6           LF cross over, RF step diag. right back

7-8

LF ½ left step forward, R+L jump forward [9]

**Start Again**

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