

# Back to My Old Life

**COPPER** **NOB**  
STEPSHEETS

拍数: 80      墙数: 1      级数: Easy Intermediate  
编舞者: Grace David (KOR), Jef Camps (BEL) & Roy Verdonk (NL) - May 2021  
音乐: Back to My Old Life - Roy V



Please buy the track here and support the Linedance Foundation: [royverdonk.bandcamp.com](http://royverdonk.bandcamp.com)

## S1: Big Slide/Drag, Bend & Foot Circles, Step Fwd, ½ Pivot, Step Fwd, ½ Pivot

- 1-2      LF big step to L side, drag RF towards LF  
3&      Bend a little through L-knee & make a small clockwise circle with your RF on the floor, stretch L  
4&      Bend a little through L-knee while making a small clockwise circle with your RF on the floor, stretch L  
5-6      RF step forward, make ½ turn L putting weight on LF (6:00)  
7-8      RF step forward, make ½ turn L putting weight on LF (12:00)

## S2: Big Slide, Drag, Bend & Foot Circles, Rock Fwd/Recover, Out-Out, Heels In, Toes In

- 1-2      RF big step to R side, drag LF towards RF  
3&      Bend a little through R-knee & make a small anti-clockwise circle with your LF on the floor, unbend  
4&      Bend a little through L-knee & make a small anti-clockwise circle with your LF on the floor, unbend  
5-6      LF rock forward, recover on RF  
&7      LF step back & out, RF step back & out  
8&      Swivel both heels in, bring all toes to center (weight ends on L)

## S3: Diagonal Shuffle, Touch, Diagonal Shuffle, Out, Hand Movements, Heel Swivel

- 1&2&      RF step diagonally R-forward, LF close next to RF, RF step diagonally R-forward, LF touch next to RF  
3&4      LF step diagonally L-forward, RF close next to LF, LF step diagonally L-forward

### Optional: grab & pull movement with your arms on both shuffles

- 5      RF step side with body angled into R diagonal while you cross R-arm in front of body & L-arm stretched forward with L-elbow on top of R-wrist (both hands fisted: RH palm down, LH palm up)  
&      Angle body back to center while you roll L-arm inside towards body  
6      Angle body into L diagonal & stretch L-arm forward while R arm stays in place (now R-wrist is on top of L-elbow, still both hands fisted and both palms down)  
7&8      On ball of LF swivel L-heel to L, on ball of LF swivel L-heel to R, bring L-heel down & put weight on LF

Arms: while you swivel you pull your L-arm in with fist palm facing up, stretch again, and pull back in.

Note: in right arm stays in same position for counts 5-8

## S4: Vine ¼ Turn, Step, ¼ Pivot, Cross, Full Box Step With Touches

- 1&2      RF step side, LF cross behind RF, ¼ turn R & RF step forward (3:00)  
3&4      LF step forward, make ¼ turn R putting weight on RF, LF cross over RF (6:00)  
5&6&      ¼ turn L & RF step side, LF touch next to RF, ¼ turn L & LF step side, RF touch next to LF (12:00)  
7&8      ¼ turn L & RF step side, LF touch next to RF, ¼ turn L & LF step side (6:00)

## S5 & S6: REPEAT LAST 16 COUNTS (S3 & S4)

Repeat the last 16 counts facing 6:00 (Section 3 + Section 4)

## S7: Diagonal Rocking Chair, Cross Mambo, Side, Touch, Hip Bumps, Swivels To L, Close

- 1&2&      RF rock diagonally L-forward, recover on LF, RF rock side, recover on LF

3&4& RF rock across LF, recover on LF, RF step side, LF touch next to RF  
5&6& LF step side, bump diagonally L-back, recover on RF & bump but diagonally R-back  
7&8& Swivel both heels L, swivel toes L, swivel both heels L, RF close next to LF (slightly angled into R diagonal)

**S8: Cross Rock/recover, Side Rock/Recover, Behind-Side-Cross, Side, Heel Swivel, Hip Roll**

1&2& LF rock across RF, recover on RF, LF rock side, recover on RF

3&4 LF cross behind RF, RF step side, LF cross over RF

5&6 RF step side, on ball of LF swivel L-heel in, return LF

**Optional hand movement: cross arms and touch shoulders (5), RH to R shoulder & LF to L shoulder (&), bring both hands to hips**

7-8 Anti-clockwise hip roll

**S9: Side, Together, Chasse, Hitch, Big Slide/Drag, Touch, Step Fwd, ½ Chase Turn, ½ Back**

1-2 RF step side, LF close next to RF

3&4& RF step side, LF close next to RF, RF step side, hitch L-knee

5-6 LF big step side while dragging RF towards LF, RF touch next to LF

7&8 RF step forward, make ½ turn L putting weight on LF, ½ turn L & RF step back

**S10: Shuffle Bwd, Mambo Back, Side Rock/Recover, Step Fwd, Side Rock/Recover, Step Fwd**

1&2 LF step back, RF close next to LF, LF step back

3&4 RF step back, recover on LF, RF step forward

5&6 LF rock side, recover on RF, LF step forward (slightly across RF)

7&8 RF rock side, recover on LF, RF step forward (slightly across LF)

**Start again and have fun!**

**Ending: After dancing the full routine 3 times just start slowly walking from the floor to the rhythm of the music that fades out**

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