

# Back In My Life

**COPPERKNOB**  
STEPSHEETS

拍数: 0                      墙数: 4                      级数: Intermediate/Advanced  
编舞者: Anne Braddon  
音乐: Back In My Life - Alice DeeJay



Sequence: ABAB, AAB

## PART A

### SIDE SHUFFLES

1&2&3&4      Right, left, right, left, right, left, right moving right (arm stretched to right)  
5-6              Cross rock left behind right, recover right (arm still stretched to right)  
7&8&9&10      Left, right, left, right, left, right, left moving left (arm stretched to left)  
11-12           Cross rock right behind left, recover left (arm still stretched to left)

### CROSS BEHINDS

13              Right step right  
14              Touch left behind  
15              Left step left making  $\frac{1}{4}$  turn to right to face 3:00  
16              Touch right behind  
17              Right step right  
18              Touch left behind

### SHUFFLES, ROCKS AND CIRCLE

19-20           Shuffle to left (left, right, left) making  $\frac{1}{4}$  turn to left on last step to face 12:00  
21-22           Rock forward on right, recover left  
23-24           Shuffle to right (right, left, right) making  $\frac{1}{4}$  turn to right on first step to face 3:00  
25-26           Cross rock left over right, recover right  
27-28           Triple step left, right, left in place (on the spot)  
29-31           Circle to right (full turn on the spot) right, left, right, left, right, left, right, left  
32              Touch right

### JUMPS AND BODY ROLL

33              Scissor jump with both feet, right to the front  
34              Jump both feet back together in place  
35-36           Squat jump down on the spot  
37-40           Body ripple roll up to full height on the spot

### SHUFFLES, SKIPS AND SAILORS

41-42           Shuffle forward right, left, right  
43              Rock forward left  
44-46           Skip backwards on right, skip backwards on left, step right  
47-48           Sailor step left, right, left  
49-50           Sailor step right, left, right making  $\frac{1}{4}$  turn to right to face 6:00

### REPEAT SHUFFLES ETC. WITH NO TURN & CIRCLE

51-52           Shuffle forward left, right, left  
53              Rock forward right  
54-56           Skip backwards on left, skip backwards on right, step left  
57-58           Sailor step right, left, right  
59-60           Step left, right  
61-64           Full circle to left on the spot left, right, left, touch right, hold circle to the left

## **PART B**

### **JUMPING JACKS, SWITCHES**

- 1-42 X jumping jacks (left foot forward) facing 6:00
- 5-82 X jumping jacks (right foot forward)
- 9-122 X jumping jacks (left foot forward)
- 13-16 Heel switches right, left, right with clap

### **GRAPEVINES, SUPREME STEPS**

- 17-20 Grapevine to the right (right, left behind, right), clap
- 21-24 Grapevine to the left (left, right behind, left), clap
- 25-28 Supreme steps to the right (right, left, right), jump & clap
- 29-32 Supreme steps to the left (left, right, left), jump & clap

**Dance will end here when music stops**

### **APPLEJACKS, TURN, SAILORS**

- 33-34 Step forward right, step left alongside
- 35-38 Three applejacks
- 39-40 Shuffle forward right, left, right
- 41-42 Rock forward left, recover right
- 43-44 Full step turn to left, moving backwards, left, right turn to the left
- 45-46 Sailor step left, right, left
- 47-48 Sailor step right, left, right making  $\frac{1}{4}$  turn to right to face 9:00

### **SWITCHES, SAILORS, TURN**

- 49-50 Heel switches left, right
  - 51-52 Point left to left, point right to right
  - 53-54 Sailor step right, left, right
  - 55-56 Sailor step left, right, left
  - 57-58 Kick ball change with right
  - 59-60 Step forward right and hold
  - 61-63 Half turn to left, bumping heels round 3 times to face 3:00 turn to the left
  - 64 Touch right
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