

Back In My Life

拍數: 64 牆數: 4 級數: High Intermediate
編舞者: Wil Bos (NL) - April 2016
音樂: 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
