

Back To My Life

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: EWS Winson (MY) - March 2021
音樂: If You Come Back - Blue



Intro: 16 counts in (approx. 0.12 sec)

#1 (1-8) R Forward Mambo with L Sweep, L Behind, R Side, L Cross, R Scissors Cross, L Hinge ½ (R) with L Cross

1&2 Weight on LF: Rock RF forward (1), recover weight on LF (&), step RF back sweeping LF from front to back (2) 12.00
3&4 Cross LF behind RF (3), step RF to R side (&), cross LF over RF (4) 12.00
5&6 Step RF to R side (5), close LF next to RF (&), cross RF over LF (6) 12.00
7&8 Turn ¼ R stepping LF back (7), turn ¼ R stepping RF to R side (&), cross LF over RF (8) 6.00

#2 (9-16) R Side Touch, L Step with R Heel Grind, R Behind, L Side, R Cross, L Forward Diagonal Rock with Hips Pushed, R Back Rock with Hips Pushed, L Scissors Cross

1&2 Step RF to R side (1), touch L toes beside RF (&), step LF in place grinding R heel out to R side (2) 6.00
3&4 Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) 6.00
5-6 Rock LF forward to L diagonal pushing hips forward (5), rock RF back pushing hips backward (6) 6.00
7&8 Step LF to L side (7), close RF next to LF (&), cross LF over RF (8) *** 6.00

Restart here on Wall 2 and Wall 5, making a ¼ R to begin the dance. Start the dance again, each facing 6.00 o'clock and 9.00 o'clock.

#3 (17-24) ¼ (L) with R Back, ⅜ (L) with L Forward, R Forward Rock, L Recover, R-L Back Walk, ¼ (R) with R Side, L Side Point, ¼ (L) with L Step & R Sweep, R Syncopated Rocking Chair

&1-2 Turn ¼ L stepping RF back (&), turn ⅜ L stepping LF forward (1), rock RF forward (2) 10.30
3&4 Recover weight on LF (3), step RF back (&), step LF back (4) 10.30
&5-6 Turn ¼ R stepping RF to R side (&), point L toes to L side (5), turn ¼ L stepping LF in place while sweeping RF from back to front (6) 10.30
7&8& Rock RF forward (7), recover weight on LF (&), rock RF back (8), recover weight on LF (&) 10.30

#4 (25-32) R Modified Serpiente ⅜ (R), L Behind, ¼ (R) with R Forward, L Forward, R Chase ½ (L) with R Forward, Triple Full Turn (R)

1&2 Cross RF over LF (1), turn ⅜ R stepping LF to L side (&), cross RF behind LF sweeping LF from front to back (2) 12.00
3&4 Cross LF behind RF (3), turn ¼ R stepping RF forward (&), step LF forward (4) 3.00
5&6 Step RF forward (5), turn ½ L stepping LF next to RF (&), step RF forward (6) 9.00
7&8 Turn ½ R stepping LF back (7), turn ½ R stepping RF forward (&), step LF forward (8) 9.00

Website: <https://sites.google.com/view/dancejournal>