

# Back In My Life

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
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音樂: Back In My Life (Radio Edit) - Fly Project



**Intro : 32 Counts - No Tag ! / No Restart !**

**Sec1 : Fwd Heel Grind R Heel From L To R , Recover On L , ( Travelling Slightly Back ) Step R To R Diagonal Back , Step L To L Diagonal Back , Step R Back, Step L Beside R , Point R Side , Close R Next To L, Point L To L Side , 1/4 L Turn Close L Next To R**

1 2            Fwd Heel Grind R Heel From L To R , Recover On L  
&3&4        ( Travelling Slightly Back ) Step R To R Diagonal Back , Step L To L Diagonal Back , Step R Back, Step L Beside R  
5678        Point R Side , Close R Next To L, Point L To L Side , 1/4 L Turn Step Close L Next To R ( 9 :00)

**Sec2 : Cross R , Hitch Cross L Over R , Cross L Over R , Hold , R Side , Cross L Over R, Hold , R Side , Cross L Over R , Flick Cross R Over L**

1 2            Cross R , Hitch Cross L Over R  
34&         Cross L Over R , Hold , R Side  
56&         Cross L Over R, Hold , R Side  
78            Cross L Over R , Flick Cross R Over L

**Sec3 : Prissy Walk R , Hold, Prissy Walk L , Hold , R Side & Clockwise Hip Roll For Four Counts**

1234        Prissy Walk R , Hold, Prissy Walk L , Hold  
5678        R Side & Clockwise Hip Roll For Four Counts Weight On R

**Sec4 : Cross L Over R , 1/2 R Turn Cross R Over L , Slowly Kick L Fwd , Hold , In Place Step L , Jazz-box**

1 2            Cross L Over R , 1/2 R Turn Cross R Over L  
34&         Slowly Kick L Fwd , Hold , In Place Step L  
**Styling : Kick gently forward while lying on your back**  
5678        R Cross , Step L Back, R Side , Together (Or L Fwd )

**Styling : Shake Your Shoulders While Doing Jazz-Box**

**Happy Dancing !!**