

Back In My Life

COPPERKNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate/Advanced
編舞者: Anne Braddon
音樂: 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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