

Back In My Life

COPPER KNOB
STEPPERS

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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