

Back in the Day

Count: 80

Wand: 2

Ebene: Phrased Easy Intermediate

Choreograf/in: Merete Louise Østberg (DK) - June 2025

Musik: BACK IN THE DAY - James Johnston



Intro: 28 counts from first strong beat in music. App. 24 sec. on the word 'Back'.

Sequence: A, Tag, A(48), Tag, A, A(48), Tag, B, A, A(32) with ending

T1. Tag after wall 1 facing 6:00. See description at bottom page

T2. Tag on wall 3 facing 12:00 after 48 counts. See description at bottom of page

T3. Tag on wall 5 facing 12:00 after 48 counts. See description at bottom of page

Part A: 64c

Section 1: R fwd, L tap, L back, R kick, R coaster

1-4 Step R fwd (1), tap L toe behind R (2), step L back (3), kick R fwd (4) 12:00

5-8 Step R back (5), step L together (6), step fwd on R (7), hold (8) 12:00

Section 2: L heel hook, R heel hook, R flick

1-4 Touch L heel fwd (1), hook L over R (2), touch L heel fwd (3), step L next to R (4) 12:00

5-8 Touch R heel fwd (5), hook R over L (6), touch R heel fwd (7), flick R (8) 12:00

Section 3: R lock step, L brush, step ¼ R cross

1-4 Step R fwd (1), lock L behind R (2), step R fwd (3), brush L fwd (4) 12:00

5-8 Step L fwd (5), turn ¼ R onto R (6), cross L over R (7), hold (8) 3:00

Section 4: ¼ L x 2, R cross, L fwd rumbabox

1-4 ¼ L stepping back on R (1), ¼ L stepping L to L side (2), cross R over L (3), hold (4) 9:00

5-8 Step L to L side (5), step R next to L (6), step L fwd (7), hold (8)

Section 5: ¼ R rumbabox back, L coaster

1-4 Turn ¼ R step R to R side (1), step L next to R (2), step R back (3), hold (4) 6:00

5-8 Step back on L (5), step R next to L (6), step L fwd (7), hold (8) 6:00

Section 6: R step, L brush, L step, R brush, R rocking chair

1-4 Step R fwd (1), brush L fwd (2), step L fwd (3), brush R fwd (4) 6:00

5-8 Rock R fwd (5), recover back on L (6), R back rock (7), recover fwd on L (8) 6:00

****Tag on wall 3 & 5 facing 12:00**

Section 7: R vine, L touch, L vine, R hitch

1-4 Step R to R side (1), step L behind R (2), step R to R side (3), touch L next to R (4) 6:00

5-8 Step L to L side (5), step R behind L (6), step L to L side (7), hitch R (8) 6:00

Section 8: RL sugarfoot stomp

1-4 Touch R toe beside L as you turn R knee in (1), touch R heel out to R diagonal as you turn R knee out (2), stomp R slightly fwd (3), hold (4) 6:00

5-8 Touch L toe beside R as you turn L knee in (5), touch L heel out to L diagonal as you turn L knee out (6), stomp L slightly fwd (7), hold (8) 6:00

Part B (Nightclub): 16c

Section 1: Slow R serpiente

1-4 Cross R in front of L (1), step L to L side (2), cross R behind L (3), sweep L from front to Back (4) 12:00

5-8 Cross L behind R (5), step R to R side (6), cross L in front of R (7), sweep R from back to front (8) 12:00

Section 2: Slow RL cross rock side

- 1-4 Cross R over L (1), recover back on L (2), step R to R side (3), hold (4) 12:00
5-8 Cross L over R (5), recover back on R (6), step L to L side (7), hold (8) 12:00

TAG 1: There's a 6 count tag after wall 1 (facing 6:00):

RL heel switches, RL Stomp

- 1-4 Touch R heel fwd (1), step R next to L (2), touch L heel fwd (3), step L next to R (4) 6:00
5-6 Stomp R out to R side (5), stomp L out to L side (6) 6:00

TAG 2: There's a 2 count tag on Wall 2 (facing 12:00), after 48 counts:

RL Stomp

- 1-2 Stomp R out to R side (1), stomp L out to L side (2) 12:00

TAG 3 (Nightclub rhythm): There's a 2 count tag on Wall 5 (facing 12.00), after 48 counts:

RL sway, R sweep

- 1-2 Sway R to R side (1), sway L to L and sweep R fwd (2) 12:00

Ending: Last wall is wall 8 which starts facing 6:00. Dance the first 32 counts now facing 3:00. Simply just turn ¼ R to R side with a stomp and grind L heel (1).
