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| Back to My Old Life |  |

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| **Count:** | 80 | **Wall:** | 1 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Grace David (KOR), Jef Camps (BEL) & Roy Verdonk (NL) - May 2021 |
| **Music:** | Back to My Old Life - Roy V |
| . |

**Please buy the track here and support the Linedance Foundation: royverdonk.bandcamp.com**

**S1: Big Slide/Drag, Bend & Foot Circles, Step Fwd, ½ Pivot, Step Fwd, ½ Pivot**

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| 1-2 | LF big step to L side, drag RF towards LF |

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| 3& | Bend a little through L-knee & make a small clockwise circle with your RF on the floor, stretch L |

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| 4& | Bend a little through L-knee while making a small clockwise circle with your RF on the floor, stretch L |

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| 5-6 | RF step forward, make ½ turn L putting weight on LF (6:00) |

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| 7-8 | RF step forward, make ½ turn L putting weight on LF (12:00) |

**S2: Big Slide, Drag, Bend & Foot Circles, Rock Fwd/Recover, Out-Out, Heels In, Toes In**

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| 1-2 | RF big step to R side, drag LF towards RF |

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| 3& | Bend a little through R-knee & make a small anti-clockwise circle with your LF on the floor, unbend |

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| 4& | Bend a little through L-knee & make a small anti-clockwise circle with your LF on the floor, unbend |

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| 5-6 | LF rock forward, recover on RF |

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| &7 | LF step back & out, RF step back & out |

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| 8& | Swivel both heels in, bring all toes to center (weight ends on L) |

**S3: Diagonal Shuffle, Touch, Diagonal Shuffle, Out, Hand Movements, Heel Swivel**

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| 1&2& | RF step diagonally R-forward, LF close next to RF, RF step diagonally R-forward, LF touch next to RF |

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| 3&4 | LF step diagonally L-forward, RF close next to LF, LF step diagonally L-forward |

**Optional: grab & pull movement with your arms on both shuffles**

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| 5 | RF step side with body angled into R diagonal while you cross R-arm in front of body & L-arm stretched forward with L-elbow on top of R-wrist (both hands fisted: RH palm down, LH palm up) |

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| & | Angle body back to center while you roll L-arm inside towards body |

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| 6 | Angle body into L diagonal & stretch L-arm forward while R arm stays in place (now R-wrist is on top of L-elbow, still both hands fisted and both palms down) |

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| 7&8 | On ball of LF swivel L-heel to L, on ball of LF swivel L-heel to R, bring L-heel down & put weight on LF |

**Arms: while you swivel you pull your L-arm in with fist palm facing up, stretch again, and pull back in.**

**Note: in right arm stays in same position for counts 5-8**

**S4: Vine ¼ Turn, Step, ¼ Pivot, Cross, Full Box Step With Touches**

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| 1&2 | RF step side, LF cross behind RF, ¼ turn R & RF step forward (3:00) |

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| 3&4 | LF step forward, make ¼ turn R putting weight on RF, LF cross over RF (6:00) |

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| 5&6& | ¼ turn L & RF step side, LF touch next to RF, ¼ turn L & LF step side, RF touch next to LF (12:00) |

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| 7&8 | ¼ turn L & RF step side, LF touch next to RF, ¼ turn L & LF step side (6:00) |

**S5 & S6: REPEAT LAST 16 COUNTS (S3 & S4)**

**Repeat the last 16 counts facing 6:00 (Section 3 + Section 4)**

**S7: Diagonal Rocking Chair, Cross Mambo, Side, Touch, Hip Bumps, Swivels To L, Close**

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| --- | --- |
| 1&2& | RF rock diagonally L-forward, recover on LF, RF rock side, recover on LF |

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| 3&4& | RF rock across LF, recover on LF, RF step side, LF touch next to RF |

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| 5&6& | LF step side, bump diagonally L-back, recover on RF & bump but diagonally R-back |

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| 7&8& | Swivel both heels L, swivel toes L, swivel both heels L, RF close next to LF (slightly angled into R diagonal) |

**S8: Cross Rock/recover, Side Rock/Recover, Behind-Side-Cross, Side, Heel Swivel, Hip Roll**

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| 1&2& | LF rock across RF, recover on RF, LF rock side, recover on RF |

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| 3&4 | LF cross behind RF, RF step side, LF cross over RF |

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| 5&6 | RF step side, on ball of LF swivel L-heel in, return LF |

**Optional hand movement: cross arms and touch shoulders (5), RH to R shoulder & LF to L shoulder (&), bring both hands to hips**

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| 7-8 | Anti-clockwise hip roll |

**S9: Side, Together, Chasse, Hitch, Big Slide/Drag, Touch, Step Fwd, ½ Chase Turn, ½ Back**

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| 1-2 | RF step side, LF close next to RF |

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| 3&4& | RF step side, LF close next to RF, RF step side, hitch L-knee |

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| 5-6 | LF big step side while dragging RF towards LF, RF touch next to LF |

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| 7&8 | RF step forward, make ½ turn L putting weight on LF, ½ turn L & RF step back |

**S10: Shuffle Bwd, Mambo Back, Side Rock/Recover, Step Fwd, Side Rock/Recover, Step Fwd**

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| --- | --- |
| 1&2 | LF step back, RF close next to LF, LF step back |

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| 3&4 | RF step back, recover on LF, RF step forward |

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| 5&6 | LF rock side, recover on RF, LF step forward (slightly across RF) |

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| 7&8 | RF rock side, recover on LF, RF step forward (slightly across LF) |

**Start again and have fun!**

**Ending: After dancing the full routine 3 times just start slowly walking from the floor to the rhythm of the music that fades out**