Back In My Life



Count: 64 Wall: 4 Level: High Intermediate

Choreographer: Wil Bos (NL) - April 2016

Music: Back In My Life (Radio Edit) - Fly Project : (Album: Back In My Life)



Intro: 32 counts

1-4 RF cross over, LF step back, RF step side, LF cross over

5 L+R % turn right (weight LF)

6&7 RF step back, LF across, RF step back

8&1 LF step back, RF together, LF step forward [7.30]

S2: Hold, Together, Fwd, Step Lock Step, Walk x2, Step Lock Step

2&3 hold, RF together, LF step forward

4&5 RF step forward, LF lock behind, RF step forward

6-7 LF step forward, RF step forward

8&1 LF step forward, RF lock behind, LF step forward [7.30]

S3: Rock Fwd Recover, Sailor Cross % R, Side, Together, Chassé ¼ L

2-2 RF rock forward, LF recover

4&5 RF % right cross behind, LF step beside, RF cross over

6-7 LF step side, RF together

&1 LF step side, RF together, LF ¼ left step forward [12]

S4: Rock Fwd Recover, 1/4 L Coaster, Rock Fwd Recover, 1/4 L Chassé

2-3 RF rock forward, LF recover

4&5 RF step back, LF 1/4 left together, RF step forward

6-7 LF rock forward, RF recover

8&1 LF ¼ left step side, RF together, LF step side [6]

S5: Hold, Together, Side, Cross Samba x2, Mambo Fwd

2&3 hold, RF together, LF step side

4&5 RF cross over, LF rock side, RF recover 6&7 LF cross over, RF rock side, LF recover

8&1 RF rock forward, LF recover, RF step back [6]

S6: Step Lock Step Bkw, Kick Ball Touch x2, Sweep/Behind Side Cross

2&3 LF step back, RF lock across, LF step back

4&5 RF kick forward, RF step beside on ball foot, LF touch beside 6&7 LF kick forward, LF step beside on ball foot, RF touch beside 8&1 RF sweep and cross behind, LF step side, RF cross over [6]

S7: Sway x2, Chasse ¼ L, Mambo Fwd, Mambo Bkw

2-3 LF step side and hips left, hips right

4&5 LF step side, RF together, LF ¼ left step forward 6&7 RF rock forward, LF recover, RF step back LF rock back, RF recover, LF step forward [3]

S8: Cross, Diag Back x2, Cross, Diag Back, ½ L Fwd, Jump Fwd

2-4 RF cross over, LF step diag. left back, RF step diag. right back

5-6 LF cross over, RF step diag. right back

Start Again