Count: 0
Wall: 4
Level: Intermediate/Advanced
Choreographer: Anne Braddon
Music: 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 $1 / 4$ 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 $1 / 4$ 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 $1 / 4$ 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
35-36
Jump both feet back together in place
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
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 $1 / 4$ 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 $\quad$ X jumping jacks (left foot forward) facing 6:00
5-82 $\quad$ X jumping jacks (right foot forward)
9-122 $\quad$ 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 $1 / 4$ 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

