Back In My World

COPPER KNOB

拍数: 32

墙数:4

级数: High Improver

编舞者: Ivonne Verhagen (NL) & Karianne Heimvik (NOR) - September 2018

音乐: Back In My World - Alain Clark



Dance starts after 32 counts (on vocals)

(1-8) Sailor step, sailor 1/4 turn, 1/4 turn cross, 1/2 turn point RF step behind LF, step LF to left, step RF step slightly right side 1&2 3&4 1/4 turn to left & LF step behindRF, RF steps side, LF step slightly left side (9h) 5&6 RF step forward, ¼ turn to left stepping LF in place, RF cross over LF(6h) 7&8 ¹/₄ turn to right stepping back on LF, ¹/₄ turn to right stepping RF to right, point LF to left (12h) (9-16) & point, Bodyroll backwards, & point, ¼ turn walk, walk, ¼ turn &1,2 LF step on LF, RF point side, Bodyroll backwards shifting weight from LF, to RF &3,4 LF step next to RF, point RF to right, drag RF next to LF (with pointed foot) &5.6 RF step down, ¹/₄ turn to left stepping fwd on LF, step fwd on RF (9h) 7&8 LF step forward on LF, make ¼ turn to right stepping RF in place, cross LF over RF (12h) (17-24) C-bump, kick ball cross, mambo step, fwd mambo RF point to right as you hitch your right hip up, let your right hip back to senter, 1/8 turn to left 1&2 stepping down on R pushing right hip back (popping L knee)(10.30h) 3&4 LF kick fwd, step ball of LF next to RF, cross RF over LF 5&6 LF rock to left, recover weight to RF turning 1/8 to right, step LF next to RF (12h) 7&8 RF step fwd on RF, recover weight on LF, step RF next to LF (for styling, push your hips back) (25-32) Fwd lock step, rock ¼ turn, walk, walk, pivot ½ turn, ½ turn with sweep 1&2 LF step fwd on LF, lock RF behind LF, step fwd on LF 3&4 RF step fwd on RF, recover weight to L, make a ¼ turn to right stepping RF to right (3h) 5.6 LF step fwd on LF, step fwd on RF 7&8 LF step fwd on LF, make a ¹/₂ turn to right stepping fwd on RF, make ¹/₂ turn to right stepping back on LF while sweeping RF around to start again. (3h) Restart after 16 counts in wall 6:

After count 16, add: &: touch R to right