

BACK IN MY LIFE

LINEDANCE.COM

Count: —

Wall: 4

Level: intermediate/advanced

Choreographer: Anne Braddon

Music: Back In My Life by 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 Jump both feet back together in place
- 35-36 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 Rock forward left
- 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 $\frac{1}{4}$ 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

1-42X jumping jacks (left foot forward) facing 6:00

5-82X jumping jacks (right foot forward)

9-122X 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 $\frac{1}{4}$ 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