

# Taking Back My Life

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Lesley Clark (Scotland) March 2012

**Music:** You Had Me by Joss Stone, CD: Mind, Body & Soul

**Intro: 16 count intro, start on main vocals**

**Tag & Restart: On walls 4 and 9 dance up to counts 5&6 in section 2 add the tag and then restart**

**Section 1: MAMBO, COASTER STEP, STEP, PIVOT, STEP, SHUFFLE FORWARD**

- 1&2** Rock forward on right, recover on left, step right next to left
- 3&4** Step back on left, step right next to left, step forward on left
- 5&6** Step forward on right,  $\frac{1}{2}$  turn left, step forward on right
- 7&9** Step forward on left, step right next to left, step forward on left

**Section 2: STEP,  $\frac{1}{4}$  TURN, CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS, LOCK STEP BACK**

- 1&2** Step forward on right,  $\frac{1}{4}$  turn left, cross step right over left
- 3-4** Rock left out to left side, recover on right
- 5&6** Step left behind right, step right to right side, cross step left over right \*\*\*\*\*

**7&8 $\frac{1}{4}$  turn left stepping back on right, lock left in front of right, step back on right**

**Section 3: COASTER STEP, SKATE, SKATE, MAMBO, SAILOR  $\frac{1}{4}$  TURN**

- 1&2** Step back on left, step right next to left, step forward on left
- 3-4** Skate forward right and left
- 5&6** Rock forward on right, recover on left, step right next to left
- 7&8** Sailor  $\frac{1}{4}$  turn left

**Section 4: ROCK, RECOVER, CROSS RIGHT & LEFT, LOCK STEP BACK, SAILOR  $\frac{1}{2}$  TURN**

- 1&2** Rock right out to right side, recover on left, cross step right over left
- 3&4** Rock left out to left side, recover on right, cross step left over right
- 5&6** Step back on right, cross left in front of right, step back on right

**7&8** Sailor ½ turn left

**TAG: Sway right & Left and the restart the dance**

**Start Again.....Happy Dancing.....**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=86740](https://www.linedance.com/index.php?f=dance_view&id=86740)