

# Back To My Life

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**Count:** 32      **Wall:** 4      **Level:** Low Intermediate

**Choreographer:** EWS Winson (MY) - March 2021

**Music:** - Blue

## **Intro: 16 counts in (approx. 0.12 sec)**

### **#1 (1-8) R Forward Mambo with L Sweep, L Behind, R Side, L Cross, R Scissors Cross, L Hinge ½ (R) with L Cross**

- 1&2**      Weight on LF: Rock RF forward (1), recover weight on LF (&), step RF back sweeping LF from front to back (2) 12.00
- 3&4**      Cross LF behind RF (3), step RF to R side (&), cross LF over RF (4) 12.00
- 5&6**      Step RF to R side (5), close LF next to RF (&), cross RF over LF (6) 12.00
- 7&8**      Turn ¼ R stepping LF back (7), turn ¼ R stepping RF to R side (&), cross LF over RF (8) 6.00

### **#2 (9-16) R Side Touch, L Step with R Heel Grind, R Behind, L Side, R Cross, L Forward Diagonal Rock with Hips Pushed, R Back Rock with Hips Pushed, L Scissors Cross**

- 1&2**      Step RF to R side (1), touch L toes beside RF (&), step LF in place grinding R heel out to R side (2) 6.00
- 3&4**      Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) 6.00
- 5-6**      Rock LF forward to L diagonal pushing hips forward (5), rock RF back pushing hips backward (6) 6.00
- 7&8**      Step LF to L side (7), close RF next to LF (&), cross LF over RF (8) \*\*\* 6.00

**Restart here on Wall 2 and Wall 5, making a ¼ R to begin the dance. Start the dance again, each facing 6.00 o'clock and 9.00 o'clock.**

### **#3 (17-24) ¼ (L) with R Back, ⅜ (L) with L Forward, R Forward Rock, L Recover, R-L Back Walk, ¼ (R) with R Side, L Side Point, ¼ (L) with L Step & R Sweep, R Syncopated Rocking Chair**

- &1-2**      Turn ¼ L stepping RF back (&), turn ⅜ L stepping LF forward (1), rock RF forward (2) 10.30
- 3&4**      Recover weight on LF (3), step RF back (&), step LF back (4) 10.30
- &5-6**      Turn ¼ R stepping RF to R side (&), point L toes to L side (5), turn ¼ L stepping LF in place while sweeping RF from back to front (6) 10.30

**7&8&** Rock RF forward (7), recover weight on LF (&), rock RF back (8), recover weight on LF (&)  
10.30

**#4 (25-32) R Modified Serpiente  $\frac{1}{8}$  (R), L Behind,  $\frac{1}{4}$  (R) with R Forward, L Forward, R Chase  $\frac{1}{2}$  (L) with R Forward, Triple Full Turn (R)**

**1&2** Cross RF over LF (1), turn  $\frac{1}{8}$  R stepping LF to L side (&), cross RF behind LF sweeping LF from front to back (2) 12.00

**3&4** Cross LF behind RF (3), turn  $\frac{1}{4}$  R stepping RF forward (&), step LF forward (4) 3.00

**5&6** Step RF forward (5), turn  $\frac{1}{2}$  L stepping LF next to RF (&), step RF forward (6) 9.00

**7&8** Turn  $\frac{1}{2}$  R stepping LF back (7), turn  $\frac{1}{2}$  R stepping RF forward (&), step LF forward (8) 9.00

**Website: <https://sites.google.com/view/dancejournal>**