

BACK TO BASICS

LINEDANCE.COM

Count: 32

Wall: 2

Level: beginner

Choreographer: Kash Bane

Music: My Life by Chanel

RIGHT SIDE SHUFFLE, BACK ROCK, LEFT SIDE SHUFFLE, BACK ROCK

- 1&2** Step right to right side, close left next to right, step right to right side
- 3-4** Rock left foot behind right, recover onto right foot
- 5&6** Step left to left side, close right next to left, step left to left side
- 7-8** Rock right behind left, recover onto left foot

PIVOT TURNS, BOX STEP

- 1-2** Step right forward, make a $\frac{1}{2}$ turn over left shoulder on balls of both feet
- 3-4** Step right forward, make a $\frac{1}{2}$ turn over left shoulder on balls of both feet
- 5-6** Step right forward, step left to left side
- 7-8** Step right back, step left to left side

RIGHT SHUFFLE, LEFT SHUFFLE, ROCKING CHAIR

- 1&2** Step right forward, close left next to right, step right foot forward
- 3&4** Step left foot forward, close right next to left, step left foot forward
- 5-6** Rock right forward, recover onto left foot
- 7-8** Rock right foot back, recover onto left foot

PIVOT TURNS, JAZZ BOX

- 1-2** Step right forward, make a $\frac{1}{4}$ turn left on balls of both feet
- 3-4** Step right forward, make a $\frac{1}{4}$ turn left on balls of both feet
- 5-6** Cross right foot over left, step left foot back
- 7-8** Step right to right side, step left next to right

REPEAT