

Back In My Life

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Count: 64

Wall: 4

Level: High Intermediate

Choreographer: Wil Bos - April 2016

Music: "Back In My Life (radio edit)" by Fly Project (album: Back In My Life) 128 bpm

Intro: 32 counts

S1: Jazz Box Cross, Unwind $\frac{5}{8}$ R, Step Lock Step Bkw, Coaster

1-4RF cross over, LF step back, RF step side, LF cross over

5L+R $\frac{5}{8}$ turn right (weight LF)

6&7RF step back, LF across, RF step back

8&1LF step back, RF together, LF step forward [7.30]

S2: Hold, Together, Fwd, Step Lock Step, Walk x2, Step Lock Step

2&3hold, RF together, LF step forward

4&5RF step forward, LF lock behind, RF step forward

6-7LF step forward, RF step forward

8&1LF step forward, RF lock behind, LF step forward [7.30]

S3: Rock Fwd Recover, Sailor Cross $\frac{5}{8}$ R, Side, Together, Chassé $\frac{1}{4}$ L

2-2RF rock forward, LF recover

4&5RF $\frac{5}{8}$ right cross behind, LF step beside, RF cross over

6-7LF step side, RF together

&1LF step side, RF together, LF $\frac{1}{4}$ left step forward [12]

S4: Rock Fwd Recover, $\frac{1}{4}$ L Coaster, Rock Fwd Recover, $\frac{1}{4}$ L Chassé

2-3RF rock forward, LF recover

4&5RF step back, LF $\frac{1}{4}$ left together, RF step forward

6-7LF rock forward, RF recover

8&1LF ¼ left step side, RF together, LF step side [6]

S5: Hold, Together, Side, Cross Samba x2, Mambo Fwd

2&3hold, RF together, LF step side

4&5RF cross over, LF rock side, RF recover

6&7LF cross over, RF rock side, LF recover

8&1RF rock forward, LF recover, RF step back [6]

S6: Step Lock Step Bkw, Kick Ball Touch x2, Sweep/Behind Side Cross

2&3LF step back, RF lock across, LF step back

4&5RF kick forward, RF step beside on ball foot, LF touch beside

6&7LF kick forward, LF step beside on ball foot, RF touch beside

8&1RF sweep and cross behind, LF step side, RF cross over [6]

S7: Sway x2, Chasse ¼ L, Mambo Fwd, Mambo Bkw

2-3LF step side and hips left, hips right

4&5LF step side, RF together, LF ¼ left step forward

6&7RF rock forward, LF recover, RF step back

8&1LF rock back, RF recover, LF step forward [3]

S8: Cross, Diag Back x2, Cross, Diag Back, ½ L Fwd, Jump Fwd

2-4RF cross over, LF step diag. left back, RF step diag. right back

5-6LF cross over, RF step diag. right back

7-8LF ½ left step forward, R+L jump forward [9]

Start Again