

# BACK TO MY OLD LIFE



Choreographed by : Grace David (KOR), Jef Camps (BEL) & Roy Verdonk (NL) May 2021

Music : Back To My Old Life by Roy V

80 counts . 1 Wall . Easy Intermediate

Buy the track here and support the LDF : [royverdonk.bandcamp.com](http://royverdonk.bandcamp.com)



*This song for this dance is recorded by Roy Verdonk. With the help of many friends he was able to finish this project to promote the Linedance Foundation and raise funds so they can continue with helping people.*

*[www.linedancefoundation.com](http://www.linedancefoundation.com)*

## **S1: Big Slide/Drag, Bend & Foot Circles, Step Fwd, ½ Pivot, Step Fwd, ½ Pivot**

- 1-2 LF big step to L side, drag RF towards LF
- 3& Bend a little through L-knee & make a small clockwise circle with your RF on the floor, stretch L
- 4& Bend a little through L-knee while making a small clockwise circle with your RF on the floor, stretch L
- 5-6 RF step forward, make ½ turn L putting weight on LF (6:00)
- 7-8 RF step forward, make ½ turn L putting weight on LF (12:00)

## **S2: Big Slide, Drag, Bend & Foot Circles, Rock Fwd/Recover, Out-Out, Heels In, Toes In**

- 1-2 RF big step to R side, drag LF towards RF
- 3& Bend a little through R-knee & make a small anti-clockwise circle with your LF on the floor, unbend
- 4& Bend a little through L-knee & make a small anti-clockwise circle with your LF on the floor, unbend
- 5-6 LF rock forward, recover on RF
- &7 LF step back & out, RF step back & out
- 8& Swivel both heels in, bring all toes to center (weight ends on L)

## **S3: Diagonal Shuffle, Touch, Diagonal Shuffle, Out, Hand Movements, Heel Swivel**

- 1&2& RF step diagonally R-forward, LF close next to RF, RF step diagonally R-forward, LF touch next to RF
- 3&4 LF step diagonally L-forward, RF close next to LF, LF step diagonally L-forward

*Optional: grab & pull movement with your arms on both shuffles*

- 5 RF step side with body angled into R diagonal while you cross R-arm in front of body & L-arm stretched forward with L-elbow on top of R-wrist (*both hands fisted: RH palm down, LH palm up*)
  - & *Angle body back to center while you roll L-arm inside towards body*
  - 6 Angle body into L diagonal & stretch L-arm forward while R arm stays in place (*now R-wrist is on top of L-elbow, still both hands fisted and both palms down*)
  - 7&8 On ball of LF swivel L-heel to L, on ball of LF swivel L-heel to R, bring L-heel down & put weight on LF  
*Arms: while you swivel you pull your L-arm in with fist palm facing up, stretch again, and pull back in*
- Note: in right arm stays in same position for counts 5-8

## **S4: Vine ¼ Turn, Step, ¼ Pivot, Cross, Full Box Step With Touches**

- 1&2 RF step side, LF cross behind RF, ¼ turn R & RF step forward (3:00)
- 3&4 LF step forward, make ¼ turn R putting weight on RF, LF cross over RF (6:00)
- 5&6& ¼ turn L & RF step side, LF touch next to RF, ¼ turn L & LF step side, RF touch next to LF (12:00)
- 7&8 ¼ turn L & RF step side, LF touch next to RF, ¼ turn L & LF step side (6:00)

## **S5 & S6: REPEAT LAST 16 COUNTS**

Repeat the last 16 counts facing 6:00 (Section 3 + Section 4)

*Sections 7 to 10 are explained at the 2<sup>nd</sup> page*

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## **S7: Diagonal Rocking Chair, Cross Mambo, Side, Touch, Swivels To L, Close**

1&2& RF rock diagonally L-forward, recover on LF, RF rock side, recover on LF

3&4& RF rock across LF, recover on LF, RF step side, LF touch next to RF

5&6& LF step side, bump diagonally L-back, recover on RF & bump but diagonally R-back

7&8& Swivel both heels L, swivel toes L, swivel both heels L, RF close next to LF (*slightly angled into R diagonal*)

## **S8: Cross Rock/recover, Side Rock/Recover, Behind-Side-Cross, Side, Heel Swivel, Hip Roll**

1&2& LF rock across RF, recover on RF, LF rock side, recover on RF

3&4 LF cross behind RF, RF step side, LF cross over RF

5&6 RF step side, on ball of LF swivel L-heel in, return LF

*Optional hand movement: cross arms and touch shoulders (5), RH to R shoulder & LF to L shoulder (&), bring both hands to hips*

7-8 Anti-clockwise hip roll

## **S9: Side, Together, Chasse, Hitch, Big Slide/Drag, Touch, Step Fwd, ½ Chase Turn, ½ Back**

1-2 RF step side, LF close next to RF

3&4& RF step side, LF close next to RF, RF step side, hitch L-knee

5-6 LF big step side while dragging RF towards LF, RF touch next to LF

7&8 RF step forward, make ½ turn L putting weight on LF, ½ turn L & RF step back

## **S10: Shuffle Bwd, Mambo Back, Side Rock/Recover, Step Fwd, Side Rock/Recover, Step Fwd**

1&2 LF step back, RF close next to LF, LF step back

3&4 RF step back, recover on LF, RF step forward

5&6 LF rock side, recover on RF, LF step forward (slightly across RF)

7&8 RF rock side, recover on LF, RF step forward (slightly across LF)

***Start again and have fun!***

Ending: After dancing the full routine 3 times just start slowly walking from the floor to the rhythm of the music that fades out

*The song for this dance is available online for only 2,5 euros*

*-> [royverdonk.bandcamp.com](http://royverdonk.bandcamp.com) <-*

*By purchasing this song you support the Linedance Foundation*

