

# Back In My World

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**Count:** 32

**Wall:** 4

**Level:** High Improver

**Choreographer:** Ivonne Verhagen & Karianne Heimvik – September 2018

**Music:** Back In My World by Alain Clark

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## Dance starts after 32 counts (on vocals)

### (1-8) Sailor step, sailor ¼ turn, ¼ turn cross, ½ turn point

- 1&2 : RF step behind LF, step LF to left, step RF step slightly right side  
3&4 : ¼ turn to left & LF step behind RF, RF steps side, LF step slightly left side (9h)  
5&6 : RF step forward, ¼ turn to left stepping LF in place, RF cross over LF (6h)  
7&8 : ¼ turn to right stepping back on LF, ¼ turn to right stepping RF to right, point LF to left (12h)

### (9-16) & point, Bodyroll backwards, & point, ¼ turn walk, walk, ¼ turn

- &1,2 : LF step on LF, RF point side, Bodyroll backwards shifting weight from LF, to RF  
&3,4 : LF step next to RF, point RF to right, drag RF next to LF (with pointed foot)  
&5,6 : RF step down, ¼ turn to left stepping fwd on LF, step fwd on RF (9h)  
7&8 : LF step forward on LF, make ¼ turn to right stepping RF in place, cross LF over RF (12h)

### (17-24) C-bump, kick ball cross, mambo step, fwd mambo

- 1&2 : RF point to right as you hitch your right hip up, let your right hip back to center, 1/8 turn to left stepping down on R pushing right hip back (popping L knee)(10.30h)  
3&4 : LF kick fwd, step ball of LF next to RF, cross RF over LF  
5&6 : LF rock to left, recover weight to RF turning 1/8 to right, step LF next to RF (12h)  
7&8 : RF step fwd on RF, recover weight on LF, step RF next to LF (for styling, push your hips back)

### (25-32) Fwd lock step, rock ¼ turn, walk, walk, pivot ½ turn, ½ turn with sweep

- 1&2 : LF step fwd on LF, lock RF behind LF, step fwd on LF  
3&4 : RF step fwd on RF, recover weight to L, make a ¼ turn to right stepping RF to right (3h)  
5,6 : LF step fwd on LF, step fwd on RF  
7&8 : LF step fwd on LF, make a ½ turn to right stepping fwd on RF, make ½ turn to right stepping back on LF while sweeping RF around to start again. (3h)

## Restart after 16 counts in wall 6:

After count 16, add: &: touch R to right