

Muswellbrook Linedance Express

IN MY LIFE

Song/Album In My Life /Rubber Soul
Artist The Beatles
Choreographer Pamela Smith Jan 2013
Description 64 Beat , 2 wall Intermediate Dance. 1 Re-start.
Track Length 2min. 26 sec. Start on Lyrics

R Side, Behind, Step, Cross, Step, Back Rock, Replace, L Side Shuffle.

12&34 Step R to side, step L behind R, step onto R, cross L over R, step R to side,
567&8 Rock L back, replace weight on R, step L to side, R next to L, step L to side.

R 1/2 Unwind, R Coaster Step, Step, 1/4 Turn R, Cross Shuffle.

123&4 Touch R back, 1/2 unwind R wt on L, step R back, L next to R, step R fwd.,
567&8 Step L fwd., 1/4 turn R wt. on R, cross L over R, step on R, cross L over R.

R Side Rock, Replace, Behind, 1/4 Turn L, Shuffle 1/2 Turn. Rock Back, Replace.

1234 Rock R to side, replace wt. on L, step R behind L, 1/4 turn L step on L,
5&678 Stepping on R doing 1/2 shuffle LR over L shoulder, rock L back, replace wt.on R

L Step Fwd. 1/4 Turn R, Rock fwd, Replace, Rock Side Replace, L Coaster.

1234 Step L fwd., turn 1/4 turn R wt. on R, rock L fwd. replace wt. on R,
567&8 Rock L to side, replace wt. R, step L back, R next to L, step L fwd.(coaster)

R Step Fwd., 1/2 L, Shuffle Fwd., Step L Fwd, 1/2 R Shuffle Fwd.

123&4 Step fwd. R, 1/2 turn L, wt on L, step R fwd. L next to R, step R fwd.,
567&8 Step fwd. L, 1/2 turn R wt. on R, step L fwd. R next to L, step L fwd.

R Rock Fwd., Replace, 1/4 Turn R Side Shuffle. Cross, Point, Cross, Point.

123&4 Rock R fwd. replace wt on L, 1/4 turn R step on R, L next to R, step R to side
5678 Cross L over R, point R to side, cross R over L, point L to side.

L Rock Fwd, Replace, Shuffle Back, Touch R Back, 1/2 Unwind R, R Shuffle Back.

123&4 Rock L fwd., replace wt on R, step L back, R next to L, step L back(shuffle)
567&8 Touch R back, 1/2 unwind R wt on L, step R back, L next to R, step R back.

L Touch Back, 1/2 Unwind L, Coaster, R Shuffle Fwd, Step, Touch.

123&4 Touch L back, 1/2 unwind L wt. on R, step L back, R next to L, step L fwd,
5&678 Step R fwd, L next to R, step R fwd (shuffle) ,step L fwd, touch R next to L.

Re Start Wall 2 facing back do first 8 beats of the dance.

Ending Dance through the small break in the music go to 1/2 shuffle repeat rock back 1/2 turn shuffle ,step, touch at front.