



Approved by:

Back In The Day

4 WALL - 32 COUNTS - BEGINNER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Walk, Walk, Forward Shuffle, Forward Rock, Coaster Step		
1 – 2	Step right forward. Step left forward.	Right Left	Forward
3 & 4	Step right forward. Close left beside right. Step right forward.	Right Shuffle	
5 – 6	Rock left forward. Recover onto right.	Rock Forward	On the spot
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	
Section 2	Forward Rock, Back Shuffle, Back, Back, Coaster Step		
1 – 2	Rock right forward. Recover onto left.	Rock Forward	On the spot
3 & 4	Step right back. Close left beside right. Step right back.	Shuffle Back	Back
5 – 6	Step left back. Step right back.	Back Back	
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	On the spot
Section 3	Jazz Box, Jazz Box 1/4 Turn		
1 – 4	Cross right over left. Step left back. Step right to right side. Step left forward.	Jazz Box Step	On the spot
5 – 7	Cross right over left. Step left back. Turn 1/4 right and step right to side.	Jazz Box Turn	Turning right
8	Step left forward.	Step	Forward
Section 4	Touch, Clap, Together (x 2), Heel Switches, Kick Ball Change		
1 – 2 &	Touch right to right side. Clap. Step right beside left.	Touch Clap &	On the spot
3 – 4 &	Touch left to left side. Clap. Step left beside right.	Touch Clap &	
5 &	Touch right heel forward. Step right beside left.	Heel &	
6 &	Touch left heel forward. Step left beside right.	Heel &	
7 & 8	Kick right forward. Step down on right. Step left beside right.	Kick Ball Change	

Choreographed by: Dan Albro (US) March 2013

Choreographed to: 'Back In The Day' by Jessta James from CD Single; download available from amazon.co.uk or iTunes (48 count intro)



A video clip of this dance is available at www.linedancermagazine.com