

# Back To Life

Count: 72

Wall: 2

Level:

Choreographer: Anne Herd (AUS) - June 2021

Music: Back to Life - Rascal Flatts : (CD: Single iTunes)



**Intro: Start 24 beats in weight on R - 1 Easy modified restart**

## **STEP, POINT, HOLD, BACK, POINT, HOLD**

1-2-3 Step fwd. on L, Point R to side, Hold  
4-5-6 Step back on R, Point L to side, Hold

## **WALTZ FORWARD, 1/2 TURN, WALTZ BACK**

1-2-3 Step fwd. on L, Turn 1/2 L, Step R beside L, Step L in place  
4-5-6 Step back on R, Step L beside R, Step R in place

**REPEAT THE ABOVE 12 COUNTS**

## **LEFT AND RIGHT CROSS WALTZ**

1-2-3 Cross L over R, Step R to side, Recover to L  
4-5-6 Cross R over L, Step L to side, Recover to R

## **WEAVE, STEP, DRAG**

1-2-3 Cross L over R, Step R to side, Cross L behind R  
4-5-6 Step R to side, Drag L towards R over two counts (weight stays on R)

## **1/4 TURN, DRAG, BACK DRAG, CROSS**

1-2-3 Turn 1/4 L stepping fwd. on L, Drag L towards R over two counts  
4-5-6 Step back on R, Drag L towards R, Cross L over R foot (weight stays on R)

## **STEP SLOW SWEEP, STEP SLOW SWEEP**

1-2-3 Stepping fwd. on L, Sweep R out and around for two counts  
4-5-6 Step fwd. on R, Sweep L out and around for two counts

## **WALTZ FORWARD, 1/2 TURN, WALTZ BACK**

1-2-3 Step fwd. on L, Turn 1/2 L, Step R beside L, Step L in place  
4-5-6 Step back on R, Step L beside R, Step R in place

**REPEAT THE ABOVE 6 COUNTS**

## **STEP, DRAG, HITCH, BACK 1/4 CROSS**

1-2-3 Step fwd. on L, Drag R towards L, Hitch R knee slightly  
4-5-6 Step back on R, Turn 1/4 L stepping L to side, Cross R over L

## **STEP DRAG STEP DRAG**

1-2-3 Step L to side, Drag R towards L over two counts (weight stays on L)  
4-5-6 Step R to side, Drag L towards R over two counts (weight stays on R)

**MODIFIED RESTART: On wall 5 dance to count 18 and waltz forward and back then restart from the beginning**

**ENDING: You will be facing 12:00. As music fades continue dancing to count 36**

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Last Update - 20 June 2021

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