Can't Go Back



Count: 45 Wall: 2 Level: Intermediate

Choreographer: Rebecca Colby

Music: Life Goes On (Almighty Mix) - LeAnn Rimes



SLIDE TO THE RIGHT, SLIDE TO THE LEFT

1&	Right foot step to side, slide left foot to right
2-3	Right foot step to side, touch left beside right
4&	Left foot step to side, slide right foot to left
5-6	Left foot step to side, touch right foot beside left

SYNCOPATED WEAVE RIGHT, ¼ TURN LEFT, ½ PIVOT LEFT, ½ TRIPLE TURN LEFT, ROCK RECOVER, STEP

1&	Right foot step to side, cross left behind right
2-3	Right foot step to right, ¼ turn left on left foot

4-5 Step forward right, pivot ½ turn left

6&7 ½ triple turn to the left

8&9 Rock back on left, recover on right

10 Step left beside right

RIGHT TOE SWITCHES AND HOLD, LEFT TOE SWITCHES AND HOLD

1 Point right toe to right side

Step right beside left, point left toe to left sideStep left beside right, point right toe to right side

4 Hold

5 Point left toe to left side

&6 Step left beside right, point right toe to right side &7 Step right beside left, point left toe to right side

8 Hold

$rac{3}{4}$ TURN LEFT, ROCK, BACK COASTER STEP ON RIGHT, ROCK, BACK COASTER ON LEFT WITH $rac{1}{4}$ TURN LEFT

1-2 Pivot ³/₄ turn to the left on right foot, stepping down on left foot

3-4 Rock forward right, rock back onto left

5&6 Triple step back on right, back on left, right foot forward

7-8 Rock forward left, rock back onto right

9&10 Triple step back on left, back on right, step left foot ¼ turn to the left

1/2 PIVOT LEFT, 1/2 TRIPLE LEFT, ROCK & RECOVER

1-2 Step forward right, pivot ½ turn left

3&4 ½ triple turn to the left

5-6 Rock back on left, recover on right

SHUFFLE, STEP, 1/4 PIVOT LEFT, STEP, BACK COASTER STEP ON LEFT, STEP

Shuffle forward on left foot
Step right foot forward
Pivot ¼ turn to the left
Step right foot beside left

ROCK FORWARD ON LEFT AND BACK ON RIGHT) 2 BEATS

Inserted in the first, third, fifth and seventh times through the dance only (when facing the back wall).

6&7 Triple step back on left, back on right, left foot forward

REPEAT

RESTART

Leave off the last three counts on walls 2, 4, 6, etc This can also be danced to a slower version of the song found on her "Twisted Angel" CD (96 bpm)