

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
- &2 Step right beside left, point left toe to left side
- &3 Step 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

¾ TURN LEFT, ROCK, BACK COASTER STEP ON RIGHT, ROCK, BACK COASTER ON LEFT WITH ¼ TURN LEFT

- 1-2 Pivot ¾ 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

½ PIVOT LEFT, ½ 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, ¼ PIVOT LEFT, STEP, BACK COASTER STEP ON LEFT, STEP

- 1&2 Shuffle forward on left foot
- 3 Step right foot forward
- 4 Pivot ¼ turn to the left
- 5 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

8

Step right beside left

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)
