

Back 2 Life

Compte: 64

Mur: 4

Niveau: Intermediate - WCS

Chorégraphe: Vivien Gottschald (DE) - March 2013

Musique: Back 2 Life - E-Type



Start after 32 counts

SIDE, HITCH, COASTER STEP, PIVOT ½ TURN R, COASTER STEP

- 1-2 Step RF to side, make a hitch with LF
- 3&4 Step LF back, step RF next to LF, step LF fwd
- 5-6 Step RF fwd, step LF back turning ½ R
- 7&8 Step RF back, step LF next to RF, step RF fwd

FULL TURN R, CHASSÉ FWD, ROCK STEP, CHASSÉ ½ TURN R

- 1-2 Step LF back turning ½ R, Step RF fwd turning ½ R
- 3&4 Chassé fwd stepping left, right, left
- 5-6 Rock RF fwd, recover LF
- 7&8 Chassé back turning ½ R and stepping right, left, right

OUT, OUT, IN, TOUCH, ROLLING VINE 1¼ TURN R INTO CHASSÉ

- 1-4 Step LF diagonally fwd, step RF diagonally fwd, step LF back in place, touch RF next to LF
- 5-6 Step RF fwd turning ¼ R, step LF back turning ¼ R
- 7&8 Chassé back turning ½ R and stepping right, left, right

CROSS, BACK & CROSS, HITCH, CHASSÉ L, CHASSÉ R ¼ TURN R

- 1-2 Cross LF over RF, step RF back
- &3 Close LF to RF, cross RF over LF
- 4 Hitch with LF
- 5&6 Chassé to left stepping left, right, left
- 7&8 Chassé to right turning ¼ R and stepping right, left, right

CROSS, SIDE, SAILOR ¼ TURN L, MONTEREY TURN, STEP TURN

- 1-2 Cross LF over RF, step RF to right
- 3&4 Cross LF behind RF turning ¼ L, step RF to side, step LF to side
- 5-6 Touch RF to side, pull RF next to LF turning ½ R
- 7-8 Step LF fwd, turn ½ R without weight change (so the weight is also on the LF)

ROCK BACK, TRIPLE FULL TURN, STEP-LOCK-STEP, OUT-OUT, KNEE IN

- 1-2 Rock RF back, recover LF
- 3&4 Step RF back turning ½ L, step LF fwd turning ½ L, step RF fwd
- 5&6 Step LF fwd, lock RF behind LF, step LF fwd
- &7-8 Step RF to right, step LF to left, swivel right knee to left

TURN ¼ R, KICK, COASTER STEP, PIVOT TURN ½ L, SAILOR ¼ TURN L

- 1 Swivel right knee to right turning ¼ R
- 2 Kick RF fwd
- 3&4 Step RF back, step LF next to RF, step RF fwd
- 5-6 Step LF fwd, step RF back turning ½ L
- 7&8 Cross LF behind RF turning ¼ L, step RF to right, step LF to left

PADDLE TURN ½ TURN, JAZZBOX

- 1-2 Touch RF to right, make a ¼ Turn L

3-4 same as 1, 2

Styling for 1-4: roll your hips in an anticlockwise circle

5-8 Cross RF over LF, step LF back, step RF to right, step LF next to RF

REPEAT

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