

# Looking Back

拍数: 32      墙数: 4      级数: High Improver  
编舞者: Frank Heelan (IRE) - July 2018  
音乐: I Lived It - Blake Shelton



## Intro: 16 Counts

### Sec. 1: Cross, point, cross. Side together back. Coaster step. ½ left back right.

1-2-3      Cross right over left. Point left to left. Cross left over right.  
4&5      Step right to right. Left together. Step back right.  
6&7      Step back left. Right together. Step forward left.  
8      Turn ½ left on ball of left back right. (6.00)

### Sec. 2: Rock back recover. Side rock step. Turn. Turn. Mambo step.

1-2      Cross rock left behind right. Recover to right.  
3&4      Rock left to left. Recover to right. Step forward left.  
5-6      Turn ½ left stepping back on right. Turn ½ left stepping forward on left.  
7&8      Rock forward right. Recover to left. Step right together. (6.00)

### Sec. 3: Turn ¼ left sway left sway right. Sailor ¼ left. Chasse right. Sailor ¼ left.

1-2      Turn ¼ left sway left and right. (3.00)  
3&4      Sweep left around behind right turning ¼ left. Recover to right. Step left to left.(6.00)  
5&6      Step right to right. Left together. Right to right.  
7&8      Sweep left around behind right turning ¼ left. Recover to right. Step left to left (9.00)

### Sec. 4: Walk right left. Side rock cross. Side rock cross. Side rock recover.

1-2      Walk forward right and left.  
3&4      Rock right to right. Recover to left. Cross right over left.  
5&6      Rock left to left. Recover to right. Cross left over right  
7-8      Rock right to right. Recover to left.

**TAG: There is a 4 count Tag end of wall 1 facing 9.00 and end of wall 4 facing 12.00.**

### Right Mambo forward. Left mambo back.

1&2      Rock forward on right. Recover to left. Step right next to left.  
3&4      Rock back on left. Recover to right. Step left together.

Contact: [heelanjohnl@gmail.com](mailto:heelanjohnl@gmail.com)