

# Back to Life

拍数: 72      墙数: 2      级数: Novice / Intermediate  
编舞者: Joran van der Noll (NL) - October 2020  
音乐: Back to Life - Rascal Flatts



## Twinkle left, twinkle right

- 1 Lf step over Rf
- 2 Rf step forward in diagonal (1:30)
- 3 Lf step forward in diagonal (10:30)
- 4 Rf step over Lf
- 5 Lf step forward in diagonal (10:30)
- 6 Rf step forward in diagonal (1:30)

## Weave to right, drag step right

- 7 Lf step over Rf
- 8 Rf step right
- 9 Lf step behind Rf
- 10 Rf step right
- 11 Lf drag to Rf
- 12 Lf touch next to Rf

## ¼ Turn left, basic step back

- 13 Lf ¼ turn left, step forward (9:00)
- 14 Rf ½ turn left, step back (3:00)
- 15 Lf step back
- 16 Rf step back
- 17 Lf step slightly back
- 18 Rf step forward

## Diamond steps with ½ turn left

- 19 Lf step forward, ¼ turn left (12:00)
- 20 Rf step right
- 21 Lf step back in diagonal (10:30)
- 22 Rf step back in diagonal (10:30)
- 23 Lf ⅛ turn left, step left (9:00)
- 24 Rf step forward in diagonal (10:30)

## Weave to right, ½ turn right

- 25 Lf step over Rf
- 26 Rf step right (facing 9:00)
- 27 Lf step behind Rf
- 28 Rf ½ turn right, step forward (3:00)
- 29 Lf step left
- 30 Rf step behind Lf

## Step left, point right, 1 ¼ turn right

- 31 Lf touch left
- 32 Lf move weight to Lf
- 33 Rf touch right
- 34 Rf ¼ turn right, step forward (6:00)
- 35 Lf ½ turn right, step back (facing 12:00)
- 36 Rf ½ turn right, step right (facing 6:00)

**½ Turn right, twinkle right**

- 37 Lf step forward
- 38 Lf ½ turn right
- 39 Lf end ½ turn right, weight is on Lf (12:00)
- 40 Rf step over Rf
- 41 Lf step forward in diagonal (10:30)
- 42 Rf step forward in diagonal (1:30)

**Step sweep right, weave to left**

- 43 Lf step forward in diagonal (1:30)
- 44 Rf sweep from back to front
- 45 Rf end sweep (facing 12:00)
- 46 Rf step over Lf
- 47 Lf step left
- 48 Rf step behind Lf

**Drag step left, drag step right**

- 49 Lf step left
- 50 Rf drag to Lf
- 51 Rf touch next to Lf
- 52 Rf step right
- 53 Lf drag to Rf
- 54 Lf touch next to Rf

**Weave to right, ½ turn right with sweep**

- 55 Lf step over Rf
- 56 Rf step right
- 57 Lf step behind Rf
- 58 Rf ¼ turn right, step forward
- 59 Lf sweep from back to front, start ¼ turn right
- 60 Lf end sweep and ¼ turn right (facing 6:00)

**Step touch forward, step touch back**

- 61 Lf step over Rf
- 62 Rf touch right
- 63 hold
- 64 Rf step behind Lf
- 65 Lf touch left
- 66 hold

**Basic steps with full turn left**

- 67 Lf step forward, ¼ turn left (9:00)
- 68 Rf step right, ¼ turn left (12:00)
- 69 Lf step back
- 70 Rf step back, ¼ turn left (3:00)
- 71 Lf step left, ¼ turn left (12:00)
- 72 Rf step forward

Enjoy the dance. Questions: [info@studiot2ld.com](mailto:info@studiot2ld.com)

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