

Back to Life

拍数: 72 墙数: 2
编舞者: Mark Simpkin (AUS) - June 2021
音乐: Back to Life - Rascal Flatts

级数: Intermediate waltz



Starts on lyrics after 24 counts, weight on R - (3.22 mins BPM 88 Ver 1)

No tags or restarts

L Diagonal Back - Cross R over L - 3/8 L Forward - Forward 5/8L Sweep

1-2-3 Step L back on L diagonal, Cross R over L, Turn 3/8 L stepping on L (7.30)
4-5-6 Step R forward, Turn 5/8 L keeping weight on R, sweeping L around to L side (12.00)

Behind Side Cross - 1/4 R Forward - 1/2 R Pencil

1-2-3 Step L behind R, Step R to R side, Cross L over R,
4-5-6 Turn 1/4 R stepping R forward, (3.00), 1/2 R Pivot keeping weight on R, Touch L beside R,
(pencil turn) (9:00)

Forward - Full Turn RL - R Forward - L Spiral Turn

1-2-3 Step L forward, 1/2 L stepping R back, Turn 1/2 L stepping L forward
4-5-6 Step R forward into a full turn L spiral leaving L foot hooked under R knee

L Rock Recover 1/2 L - Forward R - 1/2 Drag/Hook

1-2-3 Rock/Step L forward, Recover R, 1/2 L Stepping L forward, (3.00)
4-5-6 Stepping forward R, Making 1/2 turn L Drag L towards R over 2 counts (9.00)

Back Lock - 1/2 R - 1/2 R - 1/4 R Side

1-2-3 Step L back, Cross R over L, Step L back
4-5-6 Turn 1/2 R stepping R forward, Turn 1/2 R stepping L back, Turn 1/4 R stepping R to R side
(12.00)

Cross Recover Side - Forward 1/2 L Drag

1-2-3 Cross L over R, Recover R, Step L to L side
4-5-6 Step R forward (make this a big step), Turn 1/2 L keeping weight on R, (6.00), Drag L toe
toward R

L Step Lock Step - Chase Turn

1-2-3 Step L forward, Lock R behind L, Step L forward,
4-5-6 Step R forward, 1/2 L stepping L forward, Step R forward (chase turn) (12.00)

L Step Lock Step - Chase Turn

1-2-3 Step L forward, Lock R behind L, Step L forward,
4-5-6 Step R forward, 1/2 L stepping L forward, Step R forward (chase turn) (6.00)

Forward L - Drag Hook - Back R - Sweeping L

1-2-3 Step L forward, drag R into a hook behind L (over 2 counts)
4-5-6 Step Back on R sweep L around to L side (over 2 counts)

1/4 L Sailor Step - R Forward - L Spiral Turn

1-2-3 Turn 1/4 L stepping L back, Step R beside L, Step L forward (3:00)
4-5-6 Step R forward into a full turn L spiral leaving L foot hooked under R knee (spiral turn)

Forward Coaster - 1/2 R - 1/2 R - 1/4 R to R Side

1-2-3 Step L forward, Step R beside L, Step L back (coaster step)
4-5-6 Turn 1/2 R stepping R forward, Turn 1/2 R stepping L forward, Turn 1/4 R stepping R to R side, (6.00)

Cross Recover 1/4 L - R Forward 3/4 L Sweep

1-2-3 Cross L over R, Recover R, Turn 1/4 L stepping L forward, (3.00)
4-5-6 Step R fwd, Turn 3/4 L keeping weight on R sweeping L around (over 2 counts) (6:00)

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