

Back To Life

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Improver
编舞者: Ayu Permana (INA) - February 2024
音乐: Back to Life - Rascal Flatts



#Intro: 24 counts

SECTION 1. BASIC WALTZ (12.00)

1-2-3 Step L forward - Step R next to L - Step L in place
4-5-6 Step R backward - Step L next to R - Step R in place

SECTION 2. TWINKLE - CROSS - (2X) 1/4 TURN (06.00)

1-2-3 Cross L over R - Step rock R to side - Recover on L
4-5-6 Cross R over L - Turn 1/4 right, step back on L (3.00) - Turn another 1/4 turn right, step R to side (6.00)

SECTION 3. BASIC WALTZ (06.00)

1-2-3 Step L forward - Step R next to L - Step L in place
4-5-6 Step R backward - Step L next to R - Step R in place

SECTION 4. TWINKLE - CROSS - (2X) 1/4 TURN (12.00)

1-2-3 Cross L over R - Step rock R to side - Recover on L
4-5-6 Cross R over L - Turn 1/4 right, step back on L (9.00) - Turn another 1/4 turn right, step R to side (12.00)

**Restart here on Walls 2, 4, and 6.

SECTION 5. 1/8 TURN & FORWARD - FWD ROCK - BACKWARD - BACK ROCK (10.30)

1-2-3 Turn 1/8 right, step L forward (1.30) - Step rock R forward - Recover on L
4-5-6 Step R backward - Step rock L backward - Recover on R

SECTION 6. DIAMOND 1/2 TURN (07.30)

1-2-3 Step L forward - Turn 1/8 left, step R to side (12.00) - Turn 1/8 left, step back on L (10.30)
4-5-6 Step R backward - Turn 1/8 left, Step L to side (9.00) - Turn 1/8 left, step R forward (7.30)

SECTION 7. DIAMOND 3/8 TURN (03.00)

1-2-3 Step L forward - Turn 1/8 left, step R to side (6.00) - Turn 1/8 left, step L backward (4.30)
4-5-6 Step R backward - Turn 1/8 left, step L to side (3.00) - Step R slightly forward

SECTION 8. BASIC TURNING (06.00)

1-2-3 Step L forward - Step R next to L - Step L in place
4-5-6 Turn 1/4 left, stepping back on R (6.00) - Step L next to R - Step R in place

REPEAT

RESTART: After 24 counts (finish Section 4) on: Wall 2 (facing 06.00), Wall 4 (facing 12.00), Wall 6 (facing 06.00).

ENJOY AND HAPPY DANCING.

Contact: permanaayu@yahoo.com