

# Back To Normal

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Ian Eccleston (UK)  
音乐: Talking To A Stranger - Rodney Crowell



## TOUCH BACK, UNWIND ½ TURN RIGHT, STEP LOCK STEP, FORWARD ROCK, COASTER STEP

1-2      Touch right toe back, unwind ½ turn right  
3&4      Step forward right, lock left behind right, step forward right  
5-6      Rock forward right, rock back left  
7&8      Step back left, step right next to left, step forward left

## FORWARD ROCK, ½ TURN RIGHT, ¼ TURN RIGHT, BEHIND, SIDE, CROSS ROCK

1-2      Rock forward right, rock back left  
3-4      ½ Turn right stepping forward right, ¼ turn right stepping left to left side  
5-6      Cross right behind left, step left to left side  
7-8      Cross rock right over left, rock back on left

## SIDE, CROSS, ¼ TURN LEFT, CHASSE ¼ TURN LEFT, STEP, FORWARD ROCK, TRIPLE ½ TURN LEFT

&1-2      Step right to right side, cross left over right, ¼ turn left stepping back on right  
3&4      ¼ Turn left stepping left to left side, close right next to left step left to left side  
&5-6      Step right next to left, rock forward left, rock back right  
7&8      Triple ½ turn left stepping left, right, left

## CROSSING HEEL JACK, EXTENDED CROSSING SHUFFLE, LEFT ROCK, TRIPLE ¾ TURN LEFT

&1&2      Step back on right, touch left heel diagonally forward left, step back on left, cross right over left  
&3&4      Step left to left, cross right over left, step left to left, cross right over left  
5-6      Rock left to left, rock right to right  
7&8      Triple ¾ turn left stepping left, right, left

## STEP LOCK, STEP, STEP LOCK, STEP, STEP ½ TURN PIVOT LEFT, STEP ¼ TURN PIVOT LEFT

1-2&      Step right diagonally forward right, lock left behind right, step right beside left  
3-4&      Step left diagonally forward left, lock right behind left, step left beside right  
5-6      Step forward right, ½ turn pivot left  
7-8      Step forward right, ¼ turn pivot left

## CHASSE RIGHT, BACK ROCK, CHASSE LEFT, BACK ROCK

1&2      Step right to right, close left to right, step right to right  
3-4      Rock back left, rock forward right  
5&6      Step left to left, close right to left, step left to left  
7-8      Rock back right, rock forward left

## RIGHT & LEFT CROSSING HEEL JACKS, SIDE, BEHIND, CROSSING HEEL JACK

1&2      Touch right heel diagonally forward right, step back on right, cross left over right  
&3&4      Step right diagonally back right, touch left heel diagonally forward left, step back left, cross right over left  
5-6      Step left to left, cross right behind left  
&7&8      Step left diagonally back left, touch right heel diagonally forward right, step back on right, cross left over right

## SYNCOPATED ½ MONTEREY TURN, CHASSE RIGHT, FORWARD ROCK, COASTER STEP

- 1&2& Point right toe to right side,  $\frac{1}{2}$  turn right stepping right next to left, point left toe to left side, step left next to right
- 3&4 Step right to right side, close left next to right, step right to right side
- 5-6 Rock forward left, rock back right
- 7&8 Step back on left, step right next to left, step forward left

**REPEAT**

**RESTART**

**On 3rd repetition dance to count 56 only & begin again**

---