

Back To Life

拍数: 32 墙数: 4 级数: Intermediate / Advanced NC2
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - September 2013
音乐: Loved Me Back to Life - Céline Dion : (Album: Loved Me Back To Life - iTunes)



Starts On Vocal... 26 Seconds Into Track (32 Counts)

1/4 Circle, 1/2, 1/2, 1/4, Rock & 1/4, 1/2, 1/2, 1/2.

- 1-2 Step forward on Left, step Right across Left making 1/8 turn to Left. (10:30)
&3 Make 1/8 turn to Left stepping forward Left, step forward Right. (9:00)
4&5 Make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right, 1/4 to Right stepping Left to Left side. (12:00)
6&7 Cross rock Right behind Left, recover on Left, make 1/4 turn to Left stepping back on Right.
8&1 Make 1/2 turn to Left stepping forward on Left, 1/2 turn Left stepping back on Right, 1/2 turn to Left stepping forward on Left. (3:00)

Mambo Step, Back 1/2, Step, 1/2, 1/2, 1/4, Rock & Side.

- 2&3 Rock forward on Right, recover on Left, step back on Right.
4&5 Step back on Left, make 1/2 turn to Right stepping forward Right, step forward Left. (prep shoulder back) (9:00)
6&7 Make 1/2 turn to Left stepping back on Right, 1/2 turn to Left stepping forward on Left, 1/4 turn Left stepping Right to Right side. (6:00)
8&1 Cross rock Left behind Right, recover on Right, step Left to Left side. **R** *TR*

Behind & Rock & Rock & Cross, 5/8 Spiral, Cross, Rock & Cross.

- 2&3 Cross step Right behind Left, step Left to Left side, make 1/8 turn Left as you rock Right across Left. (4:30)
&4& Recover on Left, rock back on Right, recover on Left. (4.30)
5 Step forward on Right. (4:30)
6 On ball of Right make 5/8 turn to Right. (Spiral raising up slightly) (12:00)
7 Cross step Left over Right.
8&1 Rock Right to Right side, recover on Left, cross step Right over Left.

1/4, Back, Back, Rock & Rock & 1/2, Step 1/2, 1/2, 1/2.

- 2&3 Make 1/4 turn to Right stepping back on Left, step back on Right, step back on Left. (3:00)
4&5 Rock back on Right, recover on Left, rock forward on Right.
&6 Recover on Left, make 1/2 turn to Right stepping forward on Right.
7& Step forward on Left, pivot 1/2 turn to Right.
8& Make 1/2 turn to Right stepping Left next to Right, make 1/2 turn to Right stepping forward on Right.

R Restart Wall 2 & Wall 4

Dance Up To & Including Counts 8& (16&) Section 2... Then Restart Dance From Beginning.

TR Tag & Restart Wall 7

Dance Up To & Including Counts 8& (16&) Section 2... Then Add Following Tag

- 1-2 Sway hips to Left, sway hips to Right

Then Restart Dance From Beginning.