

Back to life

拍數: 48 牆數: 4 級數: Improver
編舞者: Donna Manning (USA) - September 2018
音樂: Back to Life - Rascal Flatts



NO Tags Or Restarts

Sec 1 (1-6) Lock Steps progressing fwd

1,2,3 Step L to fwd diagonal, bring R toe to outside L heel, step L to fwd diagonal
4,5,6 Step R to fwd diagonal, L toe to outside R heel, step R to fwd diagonal (12:00)

Sec 2 (7-12) Step, ½ Turn, Step, Press, Recover, Together

1,2,3 Step L fwd, ½ turn R weight to R, step L slightly fwd
4,5,6 Press ball of R fwd, recover to L, bring R to center taking weight (6:00)

Sec 3 (12-18) Cross, Side Rock Recover – repeat with R – let them travel forward

1,2,3 Step L across to diagonal over R, side rock R, recover to L
4,5,6 Step R across to diagonal over L, side rock L, recover to R (6:00)

Sec 4 (19-24) Step, Attitude, Step, Point

1, 2-3 Step L across to diagonal, lift R to R fwd diagonal
4,5-6 Step R back just behind L, point L to L side (6:00)

Sec 5 (25-30) Cross, Side, 1/8 Turn, Back, 1/8 Turn, Side, Touch

1,2,3 Cross L over R, Step R to R side, Step L behind R angle body to L 1/8 turn
4,5,6 Step R back (still angled), 1/8 turn L stepping L to L side, touch R to L (3:00)

Sec 6(31-36) Sways R-L

1,2,3 Step R to R side sway starting through the shoulder and hip
4,5,6 Sway back to L bringing R to L in a touch on 6 (3:00)

Sec 7 (37-42) Windmill and Sweep

1,2,3 ¼ turn R stepping R fwd, ¼ turn R as you point L to L side (9:00)
4,5,6 ¼ turn L stepping L fwd, ¼ turn L as you sweep R from back to front (3:00)

Sec 8(43-48) Step, Attitude, Back, Back, Touch

1,2,3 Step R across L, lift L to L fwd diagonal
4,5,6 Step L back, step R back, touch L next to R

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

Video rights assigned to choreographer. dancinfreedonna@gmail.com - www.dancinfree.com