

Back To Life

拍數: 72 牆數: 2 級數: Intermediate waltz
編舞者: Tim Gauci (AUS) - October 2018
音樂: Back to Life - Rascal Flatts : (Album: Back To Life)



Begin dance 24 beats in – just after the first lyrics “she got that HEY”

[1-12] SIDE, BEHIND, ¼, SIDE, BEHIND, ¼, STEP, SLOW/PIVOT, ½, ¼

1 2 3 Step L to L, step R behind L, making ¼ turn L step L fwd 9.00
4 5 6 Step R to R, step L behind R, making ¼ turn R step R fwd 12.00
7 8 9 Step L fwd, pivot ½ turn R over two beats 6.00
10 11 12 Step L fwd, making ½ L stepping R back, making ¼ turn L step L to L 9.00

[13-24] CROSS, ROCK, STEP, CROSS, ROCK, ¼, ½ TURN/SWEEP, BEHIND, SIDE, CROSS

1 2 3 Cross R over L, rock weight onto L, step R to R 9.00
4 5 6 Cross L over R, rock weight onto R, making ¼ turn L step L fwd 6.00
7 8 9 Making ½ turn L step R back, sweep L from front to back over 2 beats 12.00
10 11 12 Step L behind R, step R to R**, cross L over R 12.00

[25-36] SIDE, DRAG/TOG, CROSS, ¼, BACK, CROSS, BACK, ½, STEP, SLOW/PIVOT

1 2 3 Step R to R, drag L tog over 2 beats stepping weight onto L 12.00
4 5 6 Cross R over L, making ¼ turn R step L back, step R back 45deg R 3.00
7 8 9 Cross L over R, step R back, making ½ turn L step L fwd 9.00
10 11 12 Step R fwd, pivot ½ L over 2 beats 3.00

[37-48] FW, ½, ½, FWD, TOG, TOG, BACK, ½, TOG, FWD, ½, ¼

1 2 3 Step R fwd, making ½ turn R step L back, making ½ turn R step R fwd 3.00
4 5 6 Step L fwd, step R tog, step L tog 3.00
7 8 9 Step R back, making ½ turn L step L fwd, step R tog 9.00
10 11 12 Step L fwd, making ½ turn L step R back, making ¼ turn L step L to L 12.00

[49-60] R TWINKLE, CROSS, ¼, ¼, R TWINKLE, CROSS, ¼, ½

1 2 3 Cross R over L, step L to L, rock weight onto R 12.00
4 5 6 Cross L over R, making ¼ turn L step R back, making ¼ turn L step L to L 6.00
7 8 9 Cross R over L, step L to L, rock weight onto R 6.00
10 11 12 Cross L over R, making ¼ turn L step R back, making ½ turn L step L fwd 9.00

[61-72] FWD, ROCK, ¼, L TWINKLE, CROSS, SLOW/UNWIND ½, COASTER CROSS

1 2 3 Step R fwd, rock weight back onto L, making ¼ R step R to R 12.00
4 5 6 Cross L over R, step R to R, rock weight onto L 12.00
7 8 9 Cross R over L, unwind ½ L over 2 beats (keeping weight onto L) 6.00
10 11 12 Step R back, step L tog, cross R over L 6.00

[72] Beats - Repeat dance in new direction

Restart on Wall 5 – dance up to beat 23** touch L tog (24) and restart dance facing 12.00 wall