

Back To Life

拍數: 48 牆數: 2 級數: Beginner waltz
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音樂: Back to Life - Rascal Flatts



Intro: 24 count intro

BASIC WALTZ STEPS FORWARD & BACK

1-2-3 Step forward on left, step right next to left, step left in place
4-5-6 Step back on right, step left next to right, step right in place

½ TURN LEFT, BASIC WALTZ STEP BACK

1-2-3 ¼ turn left stepping on left, step right next to left, ¼ turn left stepping slightly back on left
4-5-6 Step back on right, step left next to right, step right in place

TWINKLES LEFT & RIGHT

1-2-3 Cross step left over right, step right next to left, step left next to right
4-5-6 Cross step right over left, step left of right, step right next to left

CROSS, SIDE, BEHIND, DRAG

1-2-3 Cross left over right, step right to right side, step left behind right
4-5-6 Step right to right side, drag left up to right over 2 counts

¼ TURN LEFT, BASIC WALTZ STEP FORWARD

1-2-3 ¼ turn left stepping forward on left, step right next to left, step left in place
4-5-6 Step forward on right, step left next to right, step right in place

BASIC WALTZ STEP BACK LEFT & RIGHT

1-2-3 Step back on left, step right next to left, step left in place
4-5-6 Step back on right, step left next to right, step right in place

TWINKLES LEFT & RIGHT WITH ¼ TURN

1-2-3 Cross step left over right, step right next to left, step left in place
4-5-6 Cross step right over left, ¼ turn right stepping back on left, step right next to left

STEP, POINT, HOLD LEFT & RIGHT

1-2-3 Step forward on left, point right to right side, hold
4-5-6 Step back on right, point left to left side, hold

Start Again.....Happy Dancing.....