

# Back To Life

拍數: 72      牆數: 2      級數: Intermediate waltz  
編舞者: Robbie McGowan Hickie (UK) - August 2020  
音樂: Back to Life - Rascal Flatts



Intro: 24 Counts.

## SEC 1: LEFT BASIC FORWARD, FALL TURN RIGHT

1 - 3      Step forward on left. Step right beside left. Step left beside right.  
4 - 6      Full turn right (on the spot) stepping right. Left. Right

## SEC 2: LEFT CROSS STEP FORWARD. RIGHT SIDE ROCK. RECOVER. RIGHT STEP BACK. LEFT SIDE ROCK RECOVER.

1 - 3      Cross step Left forward over Right. Rock Right to Right side. Recover on Left.  
4 - 6      Step Right back behind Left. Rock Left to Left side. Recover on Right.

## SEC 3: WEAVE RIGHT, ¼ TURN RIGHT, STEP PIVOT ¾ TURN RIGHT.

1 - 3      Cross step Left over Right. Step Right to Right side. Cross Left behind Right.  
4 - 6      Make ¼ turn Right stepping forward on Right. Step forward on Left. Pivot ¾ turn Right.

## SEC 4: SIDE STEP LEFT. DRAG. SIDE STEP RIGHT. DRAG.

1 - 3      Long step Left to Left side. Drag Right towards Left (over 2 counts) 12:00  
4 - 6      Long step Right to Right side. Drag Left towards Right (over 2 counts).

## Sec 5: 1 ¼ TURN LEFT. RIGHT BASIC FORWARD

1 - 3      Make ¼ turn Left stepping forward on Left. Make ½ turn Left stepping back on Right. Make ½ turn Left stepping forward on Left. (9:0)  
4 - 6      Step forward on Right. Step Left beside Right. Step Right beside Left.

## SEC 6: LEFT STEP BACK. RIGHT SIDE ROCK, RECOVER. RIGHT STEP BACK. LEFT SIDE ROCK, RECOVER.

1 - 3      Step back on Left. Rick Right to Right side, Recover on Left.  
4 - 6      Step back on Right, Rock Left to Left side. Recover on Right.

## SEC 7: SLOW LEFT SAILOR ¼ TURN LEFT. RIGHT BASIC FORWARD

1 - 3      Make ¼ turn Left stepping back on Left. Step Right beside Left. Step slightly forward on Left.  
4 - 6      Step forward on Right. Step Left beside Right. Step Right beside Left (6:0)

## SEC 8: LEFT BASIC BACK WITH ¼ TURN LEFT. RIGHT CROSS STEP FORWARD. LEFT SIDE ROCK. RECOVER.

1 - 3      Make a ¼ turn Left stepping back on Left. Step Right beside Left. Step Left beside Right.  
4 - 6      Cross step Right forward over Left. Rock Left to Left side. Recover on Right (3:0)

## SEC 9: LEFT TWINKLE ½ TURN LEFT. RIGHT TWINKLE.

1 - 3      Cross step Left over Right. Make ¼ turn Left stepping back on Right. Make ¼ turn Left stepping Left to Left side (9:0)  
4 - 6      Cross step Right over Left. Step Left to Left side. Step Right in place.

## SEC 10: LEFT TWINKLE ½ TURN LEFT. RIGHT TWINKLE.

1 - 3      Cross step Left over Right. Make ¼ turn Left stepping back on Right. Make ¼ turn Left stepping Left to Left side (3:0)  
4 - 6      Cross step Right over Left. Step Left to Left side. Step Right in place.

## SEC 11: LEFT TWINKLE ¼ TURN LEFT. RIGHT BASIC BACK.

- 1 - 3 Cross step Left over Right. Make  $\frac{1}{4}$  turn Left stepping back on Right. Step back on Left.  
4 - 6 Step back on Right. Step Left beside Right. Step Right beside Left. (12:0)

**SEC 12: SLOW LEFT SHUFFLE FORWARD. CROSS. 2 X  $\frac{1}{4}$  TURNS RIGHT.**

- 1 - 3 Step forward on Left. Step Right beside Left. Step forward on Left.  
4 - 6 Cross step Right over Left. Make  $\frac{1}{4}$  turn Right stepping back on Left. Make  $\frac{1}{4}$  turn Right stepping Right to Right side (6:0) Start again.

**Submitted by Tony Vassell (August 2020)**

**Last Update - 18 August 2021**

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