

# Back To Life

拍數: 72                      牆數: 2                      級數:  
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音樂: Back to Life - Rascal Flatts : (CD: Single iTunes)



**Intro: Start 24 beats in weight on R - 1 Easy modified restart**

## STEP, POINT, HOLD, BACK, POINT, HOLD

1-2-3                      Step fwd. on L, Point R to side, Hold  
4-5-6                      Step back on R, Point L to side, Hold

## WALTZ FORWARD, 1/2 TURN, WALTZ BACK

1-2-3                      Step fwd. on L, Turn 1/2 L, Step R beside L, Step L in place  
4-5-6                      Step back on R, Step L beside R, Step R in place

**REPEAT THE ABOVE 12 COUNTS**

## LEFT AND RIGHT CROSS WALTZ

1-2-3                      Cross L over R, Step R to side, Recover to L  
4-5-6                      Cross R over L, Step L to side, Recover to R

## WEAVE, STEP, DRAG

1-2-3                      Cross L over R, Step R to side, Cross L behind R  
4-5-6                      Step R to side, Drag L towards R over two counts (weight stays on R)

## 1/4 TURN, DRAG, BACK DRAG, CROSS

1-2-3                      Turn 1/4 L stepping fwd. on L, Drag L towards R over two counts  
4-5-6                      Step back on R, Drag L towards R, Cross L over R foot (weight stays on R)

## STEP SLOW SWEEP, STEP SLOW SWEEP

1-2-3                      Stepping fwd. on L, Sweep R out and around for two counts  
4-5-6                      Step fwd. on R, Sweep L out and around for two counts

## WALTZ FORWARD, 1/2 TURN, WALTZ BACK

1-2-3                      Step fwd. on L, Turn 1/2 L, Step R beside L, Step L in place  
4-5-6                      Step back on R, Step L beside R, Step R in place

**REPEAT THE ABOVE 6 COUNTS**

## STEP, DRAG, HITCH, BACK 1/4 CROSS

1-2-3                      Step fwd. on L, Drag R towards L, Hitch R knee slightly  
4-5-6                      Step back on R, Turn 1/4 L stepping L to side, Cross R over L

## STEP DRAG STEP DRAG

1-2-3                      Step L to side, Drag R towards L over two counts (weight stays on L)  
4-5-6                      Step R to side, Drag L towards R over two counts (weight stays on R)

**MODIFIED RESTART: On wall 5 dance to count 18 and waltz forward and back then restart from the beginning**

**ENDING: You will be facing 12:00. As music fades continue dancing to count 36**

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