

Back To Life

拍數: 72 牆數: 2 級數:
編舞者: Anne Herd (AUS) - June 2021
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

Contact: anneherd@bigpond.com

Last Update - 20 June 2021
