

# Back 2 Life

拍數: 64      牆數: 4      級數: Intermediate - WCS  
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音樂: Back 2 Life - E-Type



Start after 32 counts

## SIDE, HITCH, COASTER STEP, PIVOT ½ TURN R, COASTER STEP

1-2      Step RF to side, make a hitch with LF  
3&4      Step LF back, step RF next to LF, step LF fwd  
5-6      Step RF fwd, step LF back turning ½ R  
7&8      Step RF back, step LF next to RF, step RF fwd

## FULL TURN R, CHASSÉ FWD, ROCK STEP, CHASSÉ ½ TURN R

1-2      Step LF back turning ½ R, Step RF fwd turning ½ R  
3&4      Chassé fwd stepping left, right, left  
5-6      Rock RF fwd, recover LF  
7&8      Chassé back turning ½ R and stepping right, left, right

## OUT, OUT, IN, TOUCH, ROLLING VINE 1¼ TURN R INTO CHASSÉ

1-4      Step LF diagonally fwd, step RF diagonally fwd, step LF back in place, touch RF next to LF  
5-6      Step RF fwd turning ¼ R, step LF back turning ¼ R  
7&8      Chassé back turning ½ R and stepping right, left, right

## CROSS, BACK & CROSS, HITCH, CHASSÉ L, CHASSÉ R ¼ TURN R

1-2      Cross LF over RF, step RF back  
&3      Close LF to RF, cross RF over LF  
4      Hitch with LF  
5&6      Chassé to left stepping left, right, left  
7&8      Chassé to right turning ¼ R and stepping right, left, right

## CROSS, SIDE, SAILOR ¼ TURN L, MONTEREY TURN, STEP TURN

1-2      Cross LF over RF, step RF to right  
3&4      Cross LF behind RF turning ¼ L, step RF to side, step LF to side  
5-6      Touch RF to side, pull RF next to LF turning ½ R  
7-8      Step LF fwd, turn ½ R without weight change (so the weight is also on the LF)

## ROCK BACK, TRIPLE FULL TURN, STEP-LOCK-STEP, OUT-OUT, KNEE IN

1-2      Rock RF back, recover LF  
3&4      Step RF back turning ½ L, step LF fwd turning ½ L, step RF fwd  
5&6      Step LF fwd, lock RF behind LF, step LF fwd  
&7-8      Step RF to right, step LF to left, swivel right knee to left

## TURN ¼ R, KICK, COASTER STEP, PIVOT TURN ½ L, SAILOR ¼ TURN L

1      Swivel right knee to right turning ¼ R  
2      Kick RF fwd  
3&4      Step RF back, step LF next to RF, step RF fwd  
5-6      Step LF fwd, step RF back turning ½ L  
7&8      Cross LF behind RF turning ¼ L, step RF to right, step LF to left

## PADDLE TURN ½ TURN, JAZZBOX

1-2      Touch RF to right, make a ¼ Turn L

3-4 same as 1, 2

**Styling for 1-4: roll your hips in an anticlockwise circle**

5-8 Cross RF over LF, step LF back, step RF to right, step LF next to RF

**REPEAT**

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