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| Back To Life |  |

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| **Count:** | 72 | **Wall:** | 2 | **Level:** | Intermediate waltz | . |
| **Choreographer:** | Robbie McGowan Hickie (UK) - August 2020 | | | | |
| **Music:** | Back to Life - Rascal Flatts | | | | |
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**Intro: 24 Counts.**

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

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| 1 - 3 | Step forward on left. Step right beside left. Step left beside right. |

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| 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.**

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| 1 - 3 | Cross step Left forward over Right. Rock Right to Right side. Recover on Left. |

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| 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.**

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| 1 - 3 | Cross step Left over Right. Step Right to Right side. Cross Left behind Right. |

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| 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.**

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

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| 4 - 6 | Long step Right to Right side. Drag Left towards Right (over 2 counts. |

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

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| 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) |

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| 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.**

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| 1 - 3 | Step back on Left. Rick Right to Right side, Recover on Left. |

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| 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**

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| 1 - 3 | Make ¼ turn Left stepping back on Left. Step Right beside Left. Step slightly forward on Left. |

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| 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.**

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| 1 - 3 | Make a ¼ turn Left stepping back on Left. Step Right beside Left. Step Left beside Right. |

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| 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.**

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| 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) |

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| 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.**

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| 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) |

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| 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.**

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| 1 - 3 | Cross step Left over Right. Make ¼ turn Left stepping back on Right. Step back on Left. |

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| 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 ¼ TURNS RIGHT.**

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| 1 - 3 | Step forward on Left. Step Right beside Left. Step forward on Left. |

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| 4 - 6 | Cross step Right over Left. Make ¼ turn Right stepping back on Left. Make ¼ turn Right stepping Right to Right side (6:0) Start again. |

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

**Last Update - 18 August 2021**