Back To Life

Count: 72 **Wall:** 2 **Level:** Intermediate waltz
Choreographer: Robbie McGowan Hickie (UK) - August 2020
Music: 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 ¼ 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 ¼ TURNS RIGHT.
1 - 3 Step forward on Left. Step Right beside Left. Step forward on Left.
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
