

# Back to Life

拍数: 72      墙数: 2      级数: Intermediate waltz  
编舞者: Mark Simpkin (AUS) - June 2021  
音乐: Back to Life - Rascal Flatts



Starts on lyrics after 24 counts, weight on R - (3.22 mins BPM 88 Ver 1)

No tags or restarts

## L Diagonal Back - Cross R over L - 3/8 L Forward - Forward 5/8L Sweep

1-2-3      Step L back on L diagonal, Cross R over L, Turn 3/8 L stepping on L (7.30)  
4-5-6      Step R forward, Turn 5/8 L keeping weight on R, sweeping L around to L side (12.00)

## Behind Side Cross - 1/4 R Forward - 1/2 R Pencil

1-2-3      Step L behind R, Step R to R side, Cross L over R,  
4-5-6      Turn 1/4 R stepping R forward, (3.00), 1/2 R Pivot keeping weight on R, Touch L beside R, (pencil turn) (9:00)

## Forward - Full Turn RL - R Forward - L Spiral Turn

1-2-3      Step L forward, 1/2 L stepping R back, Turn 1/2 L stepping L forward  
4-5-6      Step R forward into a full turn L spiral leaving L foot hooked under R knee

## L Rock Recover 1/2 L - Forward R - 1/2 Drag/Hook

1-2-3      Rock/Step L forward, Recover R, 1/2 L Stepping L forward, (3.00)  
4-5-6      Stepping forward R, Making 1/2 turn L Drag L towards R over 2 counts (9.00)

## Back Lock - 1/2 R - 1/2 R - 1/4 R Side

1-2-3      Step L back, Cross R over L, Step L back  
4-5-6      Turn 1/2 R stepping R forward, Turn 1/2 R stepping L back, Turn 1/4 R stepping R to R side (12.00)

## Cross Recover Side - Forward 1/2 L Drag

1-2-3      Cross L over R, Recover R, Step L to L side  
4-5-6      Step R forward (make this a big step), Turn 1/2 L keeping weight on R, (6.00), Drag L toe toward R

## L Step Lock Step - Chase Turn

1-2-3      Step L forward, Lock R behind L, Step L forward,  
4-5-6      Step R forward, 1/2 L stepping L forward, Step R forward (chase turn) (12.00)

## L Step Lock Step - Chase Turn

1-2-3      Step L forward, Lock R behind L, Step L forward,  
4-5-6      Step R forward, 1/2 L stepping L forward, Step R forward (chase turn) (6.00)

## Forward L - Drag Hook - Back R - Sweeping L

1-2-3      Step L forward, drag R into a hook behind L (over 2 counts)  
4-5-6      Step Back on R sweep L around to L side (over 2 counts)

## 1/4 L Sailor Step - R Forward - L Spiral Turn

1-2-3      Turn 1/4 L stepping L back, Step R beside L, Step L forward (3:00)  
4-5-6      Step R forward into a full turn L spiral leaving L foot hooked under R knee (spiral turn)

## Forward Coaster - 1/2 R - 1/2 R - 1/4 R to R Side

1-2-3 Step L forward, Step R beside L, Step L back (coaster step)  
4-5-6 Turn 1/2 R stepping R forward, Turn 1/2 R stepping L forward, Turn 1/4 R stepping R to R side, (6.00)

**Cross Recover 1/4 L - R Forward 3/4 L Sweep**

1-2-3 Cross L over R, Recover R, Turn 1/4 L stepping L forward, (3.00)  
4-5-6 Step R fwd, Turn 3/4 L keeping weight on R sweeping L around (over 2 counts) (6:00)

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