

Back To Life

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 72 Count. 2 Wall. Intermediate Waltz.

Choreographed by Robbie McGown Hickie (UK)

Submitted by Tony Vassell (August 2020)

Choreographed to: Back To Life by Rascal Flatts (133 bpm)

Intro: 24 Counts.

Remember to Vote for your favourite dances in the Linedancer Charts.

1 – 3 4 – 6	Step forward on left. Step right beside left. Step left beside right. Full turn right (on the spot) stepping right. Left. Right
SEC 2 1 – 3 4 – 6	LEFT CROSS STEP FORWARD. RIGHT SIDE ROCK. RECOVER. RIGHT STEP BACK. LEFT SIDE ROCK RECOVER. Cross step Left forward over Right. Rock Right to Right side. Recover on Left. Step Right back behind Left. Rock Left to Left side. Recover on Right.
SEC 3 1 – 3 4 – 6	WEAVE RIGHT, ¼ TURN RIGHT, STEP PIVOT ¾ TURN RIGHT. Cross step Left over Right. Step Right to Right side. Cross Left behind Right. Make ¼ turn Right stepping forward on Right. Step forward on Left. Pivot ¾ turn Right.
SEC 4 1 – 3 4 – 6	SIDE STEP LEFT. DRAG. SIDE STEP RIGHT. DRAG. Long step Left to Left side. Drag Right towards Left (over 2 counts) 12:00 Long step Right to Right side. Drag Left towards Right (over 2 counts.
Sec 5 1 – 3 4 – 6	1 ¼ TURN LEFT. RIGHT BASIC FORWARD 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) Step forward on Right. Step Left beside Right. Step Right beside Left.
SEC 6 1 – 3 4 – 6	LEFT STEP BACK. RIGHT SIDE ROCK, RECOVER. RIGHT STEP BACK. LEFT SIDE ROCK, RECOVER. Step back on Left. Rick Right to Right side, Recover on Left. Step back on Right, Rock Left to Left side. Recover on Right.
SEC 7 1 – 3 4 – 6	SLOW LEFT SAILOR ¼ TURN LEFT. RIGHT BASIC FORWARD Make ¼ turn Left stepping back on Left. Step Right beside Left. Step slightly forward on Left. Step forward on Right. Step Left beside Right. Step Right beside Left (6:0)
SEC 8 1 – 3 4 – 6	LEFT BASIC BACK WITH 1/4 TURN LEFT. RIGHT CROSS STEP FORWARD. LEFT SIDE ROCK. RECOVER. Make a 1/4 turn Left stepping back on Left. Step Right beside Left. Step Left beside Right. Cross step Right forward over Left. Rock Left to Left side. Recover on Right (3:0)
SEC 9 1 – 3 4 – 6	LEFT TWINKLE ½ TURN LEFT. RIGHT TWINKLE. Cross step Left over Right. Make ¼ turn Left stepping back on Right. Make ¼ turn Left stepping Left to Left side (9:0) Cross step Right over Left. Step Left to Left side. Step Right in place.
SEC 10 1 – 3 4 – 6	LEFT TWINKLE ½ TURN LEFT. RIGHT TWINKLE. Cross step Left over Right. Make ¼ turn Left stepping back on Right. Make ¼ turn Left stepping Left to Left side (9:0) Cross step Right over Left. Step Left to Left side. Step Right in place.
SEC 11 1 – 3 4 – 6	LEFT TWINKLE ¼ TURN LEFT. RIGHT BASIC BACK. Cross step Left over Right. Make ¼ turn Left stepping back on Right. Step back on Left. Step back on Right. Step Left beside Right. Step Right beside Left. (12:0)
SEC 12 1 – 3 4 – 6	SLOW LEFT SHUFFLE FORWARD. CROSS. 2 X ¼ TURNS RIGHT. Step forward on Left. Step Right beside Left. Step forward on Left. Cross step Right over Left. Make ¼ turn Right stepping back on Left. Make ¼ turn Right stepping Right to Right side (6:0)
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