

BACK TO LIFE



Song	Back to Life	Artist	Rascal Flatts		Album	Back To Life	
Level	Intermediate	Type	Waltz	Beats	72	Walls	2
Other Information	Begin dance 24 beats in – just after the first lyrics “she got that HEY ”						
Choreographed by	Tim Gauci, BROKEN HILL NSW 2880			Date	October 2018		

Beats	Step Description	
1-12	SIDE, BEHIND, 1/4, SIDE, BEHIND, 1/4, STEP, SLOW/PIVOT, 1/2, 1/4	
1 2 3	Step L to L, step R behind L, making 1/4 turn L step L fwd	9.00
4 5 6	Step R to R, step L behind R, making 1/4 turn R step R fwd	12.00
7 8 9	Step L fwd, pivot 1/2 turn R over two beats	6.00
10 11 12	Step L fwd, making 1/2 L stepping R back, making 1/4 turn L step L to L	9.00
13-24	CROSS, ROCK, STEP, CROSS, ROCK, 1/4, 1/2 TURN/SWEEP, BEHIND, SIDE, CROSS	
1 2 3	Cross R over L, rock weight onto L, step R to R	9.00
4 5 6	Cross L over R, rock weight onto R, making 1/4 turn L step L fwd	6.00
7 8 9	Making 1/2 turn L step R back, sweep L from front to back over 2 beats	12.00
10 11 12	Step L behind R, step R to R**, cross L over R	12.00
25-36	SIDE, DRAG/TOG, CROSS, 1/4, BACK, CROSS, BACK, 1/2, STEP, SLOW/PIVOT	
1 2 3	Step R to R, drag L tog over 2 beats stepping weight onto L	12.00
4 5 6	Cross R over L, making 1/4 turn R step L back, step R back 45deg R	3.00
7 8 9	Cross L over R, step R back, making 1/2 turn L step L fwd	9.00
10 11 12	Step R fwd, pivot 1/2 L over 2 beats	3.00
37-48	FW, 1/2, 1/2, FWD, TOG, TOG, BACK, 1/2, TOG, FWD, 1/2, 1/4	
1 2 3	Step R fwd, making 1/2 turn R step L back, making 1/2 turn R step R fwd	3.00
4 5 6	Step L fwd, step R tog, step L tog	3.00
7 8 9	Step R back, making 1/2 turn L step L fwd, step R tog	9.00
10 11 12	Step L fwd, making 1/2 turn L step R back, making 1/4 turn L step L to L	12.00
49-60	R TWINKLE, CROSS, 1/4, 1/4, R TWINKLE, CROSS, 1/4, 1/2	
1 2 3	Cross R over L, step L to L, rock weight onto R	12.00
4 5 6	Cross L over R, making 1/4 turn L step R back, making 1/4 turn L step L to L	6.00
7 8 9	Cross R over L, step L to L, rock weight onto R	6.00
10 11 12	Cross L over R, making 1/4 turn L step R back, making 1/2 turn L step L fwd	9.00
31-72	FWD, ROCK, 1/4, L TWINKLE, CROSS, SLOW/UNWIND 1/2, COASTER CROSS	
1 2 3	Step R fwd, rock weight back onto L, making 1/4 R step R to R	12.00
4 5 6	Cross L over R, step R to R, rock weight onto L	12.00
7 8 9	Cross R over L, unwind 1/2 L over 2 beats (keeping weight onto L)	6.00
10 11 12	Step R back, step L tog, cross R over L	6.00
72 Beats	Repeat dance in new direction	

Restart on Wall 5 – dance up to beat 23** touch L tog (24) and restart dance facing 12.00 wall

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