

Back to Life

Choreographed by Mark Simpkin

Music: Back to Life – Rascal Flatts

Dance Description: 72 Counts, 2 Walls, Intermediate Level Waltz

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)