

Back To Life

LINEDANCE.COM

Count: 72 **Wall:** 2 **Level:** Intermediate waltz

Choreographer: Tim Gauci, BROKEN HILL, NSW 2880, October 2018

Music: Back to Life - Rascal Flatts. Album: Back To Life

Begin dance 24 beats in - just after the first lyrics "she got that HEY"

[1-12] SIDE, BEHIND, $\frac{1}{4}$, SIDE, BEHIND, $\frac{1}{4}$, STEP, SLOW/PIVOT, $\frac{1}{2}$, $\frac{1}{4}$

- 1 2 3** Step L to L, step R behind L, making $\frac{1}{4}$ turn L step L fwd 9.00
- 4 5 6** Step R to R, step L behind R, making $\frac{1}{4}$ turn R step R fwd 12.00
- 7 8 9** Step L fwd, pivot $\frac{1}{2}$ turn R over two beats 6.00
- 10 11 12** Step L fwd, making $\frac{1}{2}$ L stepping R back, making $\frac{1}{4}$ turn L step L to L 9.00

[13-24] CROSS, ROCK, STEP, CROSS, ROCK, $\frac{1}{4}$, $\frac{1}{2}$ 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 $\frac{1}{4}$ turn L step L fwd 6.00
- 7 8 9** Making $\frac{1}{2}$ 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, $\frac{1}{4}$, BACK, CROSS, BACK, $\frac{1}{2}$, 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 $\frac{1}{4}$ turn R step L back, step R back 45deg R 3.00
- 7 8 9** Cross L over R, step R back, making $\frac{1}{2}$ turn L step L fwd 9.00
- 10 11 12** Step R fwd, pivot $\frac{1}{2}$ L over 2 beats 3.00

[37-48] FW, $\frac{1}{2}$, $\frac{1}{2}$, FWD, TOG, TOG, BACK, $\frac{1}{2}$, TOG, FWD, $\frac{1}{2}$, $\frac{1}{4}$

- 1 2 3** Step R fwd, making $\frac{1}{2}$ turn R step L back, making $\frac{1}{2}$ 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 $\frac{1}{2}$ turn L step L fwd, step R tog 9.00
- 10 11 12** Step L fwd, making $\frac{1}{2}$ turn L step R back, making $\frac{1}{4}$ turn L step L to L 12.00

[49-60] R TWINKLE, CROSS, $\frac{1}{4}$, $\frac{1}{4}$, R TWINKLE, CROSS, $\frac{1}{4}$, $\frac{1}{2}$

- 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 $\frac{1}{4}$ turn L step R back, making $\frac{1}{4}$ 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 $\frac{1}{4}$ turn L step R back, making $\frac{1}{2}$ turn L step L fwd 9.00

[61-72] FWD, ROCK, $\frac{1}{4}$, L TWINKLE, CROSS, SLOW/UNWIND $\frac{1}{2}$, COASTER CROSS

1 2 3 Step R fwd, rock weight back onto L, making $\frac{1}{4}$ 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 $\frac{1}{2}$ 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**