

# No Going Back

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**Count:** 48

**Wall:** 4

**Level:** Intermediate waltz

**Choreographer:** Ann Gorman (Sept.2012)

**Music:** Life As We Knew It by Kathy Mattea. Album: The Definitive Collection [3:21 - iTunes]

**This dance was choreographed for Lea Hall of Nambucca Heads who asked me about Waltz's.**

**Intro: Start on lyrics after 27 beats.**

**[1-6] Right side together back, Left side together forward**

**1 2 3** Step R to R side, step L to beside R, step R back,

**4 5 6** Step L to L side, step R to beside L, step L forward

**[7-12] Rock R fwd, recover L, 1/2 turn R, Pivot 1/4 cross**

**1 2 3** Rock R forward, recover onto L, turning 1/2 right onto R,

**4 5 6** Step L forward, pivot 1/4 right and cross L over R (9:00)

**[13-18] Right side, behind, side, Rock L across right, recover R, Step L tog.**

**1 2 3** Step R to R side, step L behind R, step R to R side,

**4 5 6** Rock L across in front of R, recover onto R, Step L to beside R

**[19-24] Right back coaster step, Full turn fwd left**

**1 2 3** Step R back, step L back to beside R, step R forward,

**4 5 6** Full turn forward left stepping L R L (Option: Waltz fwd LRL) (9:00)

**[25-27] \*\*\* Bridge - on Walls 1, 2 & 5 - Right Twinkle**

**1 2 3** Step R across in front of L, step L to L side, step R to R side ### Restart

**[28-33] Left side together fwd, Right side together back**

**1 2 3** Step L to L side, step R to beside L, step L forward,

**4 5 6** Step R to R side, step L to beside R, step R back

**[34-39] Back L lock L, back R lock R**

**1 2 3** Step L back at 45deg L back, Lock R in front of L, step L back,

**4 5 6** Step R back at 45deg R back, Lock L in front of R, step R back

**[40-45] Waltz back LRL, Waltz fwd turning 1/2 Right**

**1 2 3** Step L back, step R back to beside L, step L in place,

**4 5 6** Step forward R turning 1/2 R, step L R in place (3:00)

**[46-51] Step L fwd, touch R and Brush, RightTwinkle**

**1 2 3** Step L forward, touch R toe beside L, Brush R fwd

**4 5 6** Step R across in front of L, step L to L side, step R to R side (3:00)

**TAG: 3 beat tag at end of Walls 1, 3 & 6**

**1 2 3** Left Twinkle

**RESTART: ### On Wall 4, Instrumental, restart after Count 27, but instead of doing Right Twinkle,**

**Step fwd onto R, Drag L up to beside R, Drop L Heel taking weight onto L. Start Wall 5 at 6:00**

**Phrasing Notes: On Walls 2 & 5 where there is no Tag, for Counts 49- 51, don't do the R Twinkle, but**

**(49) Step fwd onto R, (50) Drag L up to beside R, (51) Drop L heel taking weight onto L.**

**On Walls 3 & 6 where there is no 3 beat Bridge, for Counts 22-24 don't do the full turn left, but**

**(22) Step fwd onto L, (23) Drag R up to beside L, (24) Drop R heel taking weight onto R**

**ENDING: To finish the dance facing front, on Wall 7 -**

**1 2 3** Step R to R side, step L to beside R, step R back

**4 5 6** Step L to L side, step R to beside R, step L fwd

**1 2 3** Rock R fwd, recover onto L, turning 1/2 right onto R

**4 5 6** Step L fwd, Pivot 1/2 R, Step L fwd and drag R up to L

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