



Dance: **Back To Life**
Type: 72 Count, 2 Wall, Intermediate
Choreographer: Robbie McGowan Hickie (UK), August 2020
Choreographed to: Back To Life by Rascal Flatts (133 bpm, 3:32 min)

Intro: Start after count 24

Section 1	Waltz Step, Full Triple Turn	
1-3	Step left forward. Step right beside left. Step left in place	Step, close, close
4-6	Make full turn right stepping right, left, right in place <i>Non-turning steps 4-6: Coaster Step</i>	Full triple turn
4-6	<i>Step right back. Step left beside right. Step right forward</i>	<i>Coaster step</i>
Section 2	Modified Samba Step, Behind, Side Rock	
1-3	Cross left forward over right. Rock to side on right. Recover on left	Samba step
4-6	Cross right back behind left. Rock to side on left. Recover on right	Behind, side rock
Section 3	Weave Right, 1/4 Turn, Step Pivot 3/4	
1-3	Cross left over right. Step right to right side. Cross left behind right	Cross, side, behind
4-6	Step right 1/4 turn right (3:00). Step left forward. Pivot 3/4 turn right (12:00) <i>Non-turning steps 4-6: 1/4 Turn, Step Pivot 1/4</i>	Turn, step, pivot
4-6	<i>Step right 1/4 turn right (3:00). Step left forward. Pivot 1/4 turn left (12:00)</i>	<i>Turn, step, pivot</i>
Section 4	(Side, Drag) x 2	
1-3	Step left large step to left side. Drag right beside left {2,3}	Side, drag
4-6	Step right large step to right side. Drag left beside right (5,6)	Side, drag
Section 5	1 1/4 Turn, Waltz Step	
1	Step left 1/4 turn left (9:00)	Turn
2,3	Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward <i>Non-turning steps 2-3: Walk x 2</i>	Full turn
2,3	<i>Walk forward stepping right, left</i>	<i>Walk, walk</i>
4-6	Step right forward. Step left beside right. Step right in place	Step, close, close
Section 6	(Back, Side Rock) x 2	
1-3	Step left back. Rock to side on right. Recover on left	Back, side rock
4-6	Step right back. Rock to side on left. Recover on right	Back, side rock
Section 7	Modified Sailor 1/4, Waltz Step	
1,2	Turn 1/4 left crossing left behind right (6:00). Step right to right side	Sailor turn
3	Step left small step forward	
4-6	Step right forward. Step left beside right. Step right in place	Step, close, close
Section 8	Back Waltz 1/4, Modified Samba Step	
1-3	Turn 1/4 left stepping left back (3:00). Step right beside left. Step left in place	Turn, close, close
4-6	Cross right forward over left. Rock to side on left. Recover on right	Samba step
Section 9	Cross, Hinge 1/2 Turn, Twinkle	
1	Cross left over right	Cross
2,3	Turn 1/4 left stepping right back (12:00). Turn 1/4 left stepping right to right side (9:00)	Turn, turn
4-6	Cross right over left. Step left to left side. Step right beside left	Twinkle
Section 10	Cross, Hinge 1/2 Turn, Twinkle	
1	Cross left over right	Cross
2,3	Turn 1/4 left stepping right back (6:00). Turn 1/4 left stepping right to right side (3:00)	Turn, turn
4-6	Cross right over left. Step left to left side. Step right beside left	Twinkle
Section 11	Twinkle 1/4, Back Waltz	
1-3	Cross left over right. Turn 1/4 left stepping right back (12:00). Step left beside right	Cross, turn, close
4-6	Step right back. Step left beside right. Step right in place	Back, close, close
Section 12	Left Shuffle, Cross, Hinge 1/2 Turn	
1-4	Step left forward. Step right beside left. Step left forward. Cross right over left	Left shuffle, cross
5,6	Turn 1/4 right stepping left back (3:00). Turn 1/4 right stepping right to right side (6:00)	Turn, turn
