



## Back To Life Waltz

48 Count, 4 Wall, Improver, Waltz

Choreographer: April Coady (Ire) September 2018

Choreographed to: Back To Life by Rascal Flatts

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- S1 Step L to L Side, Rock R Back, Recover L, Step R to R Side, Rock L Back, Recover R.  
Lunge Forward L, Holdx2, Step R Back, Step L Forward Making ½ Turn L, Step R Forward**
- 123 Step L to L side, rock R back, Recover L  
456 Step R to R side, rock L back, Recover R  
123 Step L forward bending L knee, Hold for 2 counts (Optional - Bring R arm forward)  
456 Step R back, step L forward making ½ turn L, step R forward
- S2 Step L Forward, Tap R Beside L Twisting R Hip to Front, Hold, Step R Forward, Tap L Beside R  
Twisting L Hip To Front, Hold.  
Cross L over R, Step R Back, Step L Back, Cross R over L, Step L Back, Step R Back**
- 123 Step L forward, Tap R beside L while twisting R hip to front, Hold  
456 Step R forward, Tap L beside R while twisting L hip to front, Hold  
123 Cross L over R, step R back, step L back  
456 Cross R over L, step L back, Step R back
- S3 Cross L Over R, Hold, Step R To R, L Coaster Step To L Diagonal  
Cross R over L, Point L to L Side, Hold, Basic Step L Forward Making ¼ Turn L**
- 123 L over R, Hold, Step R to R side  
456 Facing L diagonal Step L back, Step R beside L, Step L Forward to L diagonal  
123 Cross R over L, Point L to L side, Hold  
456 Step L forward making ¼ turn L, Step R in place, Step L in Place
- S4 R Coaster Cross, Point L To L, Touch L To R, Sweep L To L And Back  
L Sailor Cross Making ½ Turn L, Big Step R To R, Drag L to R**
- 123 Step R back, Step L back, Step R over L,  
456 Point L to L, Touch L To R, Sweep L to L and back  
123 Making a ½ turn L Step L behind R, Step R in place, Cross L over R  
456 Big step R to R, Drag L to R

**Start Again**

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