



Heaven & Back

32 Count 4 Wall Improver Level Dance.
Choreographed by: Peter Davenport (ES) Sept 2023
Choreographed to: Heaven + Back by Dan + Shay
Intro: 16 Counts. Start at approx 7 secs.

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SEC 1 STEP, HOLD, & STEP HOLD, ROCK, SHUFFLE ½

1-2& Step R forward, HOLD, Bring L to R
3-4& Step R forward, HOLD, Bring L to R
5-6 Rock forward R, Replace weight on L
7&8 Shuffle ½ R, R,L,R (6:00)

SEC 2 STEP, HOLD, & PIVOT ¼, CROSS SHUFFLE, ¼, ½

1-2& Step forward L, Hold, Bring R to L
3-4 Step forward L, Pivot ¼ R (weight on R) (9:00)
5&6 Cross L over R, Step R to R, Cross L over R
7-8 ½ step back on R, ½ L step forward L (12:00)

Restart Here on Wall 6

SEC 2 ROCKING CHAIR, JAZZ BOX ¼

1-2 Rock forward R, Replace weight on L
3-4 Rock back on R, Replace weight on L
5-6 Cross R over L, Step L back
7-8 ¼ R step R to R, Step L forward (3:00)

Restart Here on Wall 4

SEC 3 ROCK, ¼, CROSS, ¼, ½, WALK WALK

1-2 Rock forward R, Replace weight on L
3-4 ¼ R step R to R, Cross L over R (6:00)
5-6 ¼ Step back on R, ½ L step forward (9:00)
7-8 Walk forward R, Walk forward L

