

BACK TO LIFE



Level: Adv **Genre:** R&B
Artist: Rascal Flatts
Choreo: Peter Wee
Speed: 100% - 105% **Length:** 3:27
Sequence: Intro A B C Intro* A* B C C* C** Ending
Wait: 12 Beats to start at Intro **OR** 24 Beats and starts at Part A

Quick Cues	Quick Cues
<p><u>Intro (12 beats)</u></p> <p>6 Waltz Skuff & Rock</p> <p>6 2 Waltz Buck Basic</p> <p><u>Part A (48 beats)</u></p> <p>12 2 Waltz Tennessee Down & Up</p> <p>6 Sia's Flap</p> <p>6 Waltz Double Touch Up (1/2 L)</p> <p>24 REPEAT OPPOSITE FOOTWORK & DIRECTION</p> <p><u>Part B (24 beats)</u></p> <p>12 2 Waltz Chasin' Touch</p> <p>6 Waltz Far Side</p> <p>6 Waltz Triple</p> <p><u>Part C (48 beats)</u></p> <p>6 2 Swinging Skuff Slap</p> <p>6 Waltz Basic & Skuff</p> <p>6 2 Swinging Skuff Slap</p> <p>6 Waltz Basic Rocky</p> <p>6 Waltz Shirley Temple</p> <p>3 Waltz Basic (Rft)</p> <p>3 Waltz Touch</p> <p>6 Waltz Far Side Touch</p> <p>6 Waltz Crimp & Up</p> <p><u>Intro* (24 beats)</u></p> <p>6 Waltz Skuff & Rock</p> <p>6 2 Waltz Buck Basic (1/2 L)</p> <p>12 REPEAT</p> <p><u>Part A* (48 beats)</u></p> <p>12 2 Waltz Tennessee Down & Up</p> <p>6 Sia's Flap</p> <p>6 Waltz Double Touch Up</p> <p>6 2 Waltz Toe Buck Basic (Rft)</p> <p>6 Waltz Buck Joey (Rft)</p> <p>6 2 Waltz Tennessee Up (Rft)</p> <p>6 Waltz Double Touch Up</p> <p><u>Part B (24 beats)</u></p> <p>12 2 Waltz Chasin' Touch</p> <p>6 Waltz Far Side</p> <p>6 Waltz Triple</p>	<p><u>Part C (48 beats)</u></p> <p>6 2 Swinging Skuff Slap</p> <p>6 Waltz Basic & Skuff</p> <p>6 2 Swinging Skuff Slap</p> <p>6 Waltz Basic Rocky</p> <p>6 Waltz Shirley Temple</p> <p>3 Waltz Basic (Rft)</p> <p>3 Waltz Touch</p> <p>6 Waltz Far Side Touch</p> <p>6 Waltz Crimp & Up</p> <p><u>Part C* (48 beats)</u></p> <p>6 Waltz Around (1/2 L)</p> <p>6 2 Waltz Step Across Touch</p> <p>6 Waltz Around (1/2 L)</p> <p>6 2 Waltz Step Across Touch</p> <p>6 Waltz Shirley Temple</p> <p>3 Waltz Basic (Rft)</p> <p>3 Waltz Touch</p> <p>6 Waltz Far Side Touch</p> <p>6 Waltz Crimp & Up</p> <p><u>Part C** (72 beats)</u></p> <p>6 2 Swinging Skuff Slap</p> <p>6 Waltz Basic & Skuff</p> <p>6 2 Swinging Skuff Slap</p> <p>6 Waltz Basic Rocky</p> <p>6 Waltz Shirley Temple</p> <p>3 Waltz Basic (Rft)</p> <p>3 Waltz Touch</p> <p>6 Waltz Far Side Touch</p> <p>6 Waltz Crimp & Up</p> <p>6 Waltz Shirley Temple</p> <p>3 Waltz Basic (Rft)</p> <p>3 Waltz Touch</p> <p>6 Waltz Far Side Touch</p> <p>6 Waltz Crimp & Up</p> <p><u>Ending (30 beats)</u></p> <p>6 Waltz Skuff & Rock</p> <p>6 2 Waltz Buck Basic (1/2 L)</p> <p>6 Waltz Skuff & Rock</p> <p>6 2 Waltz Buck Basic (1/2 L)</p> <p>6 Slow Step Across Pivot (Full R)</p>

Step Descriptions for "BACK TO LIFE"

WALTZ SKUFF & ROCK:

(P) S (P) SK (P) HOP SLAP-BA (P) R (P) S
L R L R R L R
& 1 & 2 & 3 & 4 & 5 & 6

WALTZ TENNESSEE DOWN & UP:

(P) BA SK HOP SLAP-S (P) BA SK HOP SLAP HOP
L R L R R L R L R L
& 1 & 2 & 3 & 4 & 5 & 6

SIA'S FLAP:

(P) S DBL(OTS) R(XIB) S (P) H(WGT TOE L) (P) FL(TOE R) (P) TT(XIB)
L R R L R R L
& 1 & 2 & 3 & 4 & 5 & 6

WALTZ DOUBLE TOUCH UP: (In this dance 1/2 on &2&3&4)

(P) BA DBL-BA DBL-BA (P) TCH (P) H
L R R L L R L
& 1 & 2 & 3& 4 & 5 & 6

WALTZ BUCK BASIC:

(P) BA H-BA H-BA
L R R L L
& 1 & 2 & 3

WALTZ CHASIN' TOUCH:

(P) S(OTS) TCHH-H(WGT) H-BA(OTS) SLAP-BA H-S (P) TT(XIB)
L R R L L R R L L R
& 1 & 2 & 3 & 4 & 5 & 6

WALTZ TRIPLE:

(P) BA DBL-BA DBL-BA DBL-BA TCH(F)
L R R L L R R L
& 1 & 2 & 3& 4 & 5 & 6

WALTZ FAR SIDE:

(P) BA DBL HOP DBL-BA DBL HOP TCH
L R L R R L R L
& 1 & 2 & 3& 4 & 5 & 6

SWINGING SKUFF SLAP: (In this dance SLAP uses the '&' beat of the next step)

(P) S (P) SK(XIF) (P) HOP/(SWING LEG XIF) SLAP(X)
L R L/R R
& 1 & 2 & 3 &

WALTZ BASIC & SKUFF:

(P) BA DBL-BA S (P) S (P) SK (P) HOP
L R R L R L R
& 1 & 2 & 3 & 4 & 5 & 6

WALTZ BASIC ROCKY:

(P) BA DBL-BA S (P) H(WGT) (P) FL (P) H
L R R L R R R
& 1 & 2 & 3 & 4 & 5 & 6

WALTZ SHIRLEY TEMPLE:

BR-BA(OTS) (P) H (P) H/(LIFT T) SLAP H (P) TT(XIB) (P) H
L L R L/R R R L R L
& 1 & 2 & 3 & 4 & 5 & 6

WALTZ BASIC:

(P) BA DBL-BA S
R L L R
& 1 & 2 & 3

WALTZ FAR SIDE TOUCH:

(P) BA DBL HOP DBL-BA (P) TCH (P) LIFT/H
L R L R R L L/R
& 1 & 2 & 3& 4 & 5 & 6

WALTZ TOUCH:

(P) BA DBL-BA TCH(F)
L R R L
& 1 & 2 & 3

WALTZ CRIMP & UP:

(P) BA BA H H R (P) BA SK HOP SLAP HOP
L R L R L R L R L R
& 1 & 2 & 3 & 4 & 5 & 6

WALTZ TENNESSEE UP:

(P) S SK POP SLAP-SL/LIFT
L R L R R/L
& 1 & 2 & 3

WALTZ BUCK JOEY:

(P) BA T-BA(XIB) H-BA(OTS) H-BA(OTS) T-BA(XIB) H-BA(OTS)
R L L R R L L R R L L
& 1 & 2 & 3 & 4 & 5 & 6

WALTZ TOE BUCK BASIC:

(P) BA T-BA H-BA
L R R L L
& 1 & 2 & 3

WALTZ AROUND:

(P) S(FWD 1/4 L) PVT(1/4 L) S(BS) (P) S(BS) (P) S(BK) (P) S(DIAG L) (P) S(BS)
L L R L R L R
& 1 & 2 & 3 & 4 & 5 & 6

WALTZ STEP ACROSS TOUCH:

(P) S(XIF) (P) TCH(OTS) (P) H
L R L
& 1 & 2 & 3

SLOW STEP ACROSS PIVOT:

(P) BA(XIF)/BA PVT(FULL R) LIFT/H
L R L/R
& 1 & 2&3&4&5& 6