

Back to Life

Count: 48

Wall: 4

Level: Improver Waltz

Choreographer: Barbara Chapin (USA) - September 2026

Music: Back to Life - Rascal Flatts

or: Christmas Wishes - Anne Murray



Intro: 24 counts - 3 Restarts

[1-6] LEFT TWINKLE, RIGHT TWINKLE

1-3 [1] Step L across R, [2] Step R to right, [3] Step L to left
4-6 [4] Step R across L, [5] Step L to left, [6] Step R to right

[7-12] CROSS POINT, BACK POINT

1-3 [1] Cross L over R, [2-3] point R to R side over 2 counts
4-6 [4] Cross R over L, [5-6] point L to L side over 2 counts

[13-18] WEAWE, STEP DRAG

1-3 [1] Step L across R, [2] step R to side, [3] step L behind R
4-6 [4] step R to side, [5-6] drag L next to R over 2 counts

[19-24] ROLLING FULL TURN LEFT, CROSS ROCK RECOVER SIDE

1-3 [1] Make ¼ turn Left stepping L fwd, [2] Make ½ turn Left stepping back on R, [3] Make ¼ turn Left stepping L to side
4-6 [4] Step R across L, [5] step L to side, [6] step R to right side

RESTART HERE

[25-36] HALF TURN FALL AWAY DIAMOND,

1-3 [1] Cross L over R (1:30) [2], Step R to Right side, [3] Step L Behind
4-6 [4] Step R back diagonally, [5] Make ¼ turn Left stepping L to L side [6] step R fwd (10:30)

1-3 [1] Cross L over R (1:30) [2], Step R to Right side, [3] Step L Behind
4-6 [4] Step R back diagonally, [5] Make ¼ turn Left stepping L to L side [6] step R fwd (square up to 6:00)

[37-42] LEFT BALANCE STEP, RIGHT BALANCE STEP,

1-3 [1] Step L to side, [2] rock R behind L, [3] recover onto L
4-6 [4] Step R to side, [5] rock L behind R, [6] recover onto R

[33-48] ¼ TURN LEFT FWD BASIC, BACK BASIC

1-3 [1] Turn ¼ left Step L forward, [2] step R beside L, [3] step L next to R 4:30
4-6 [4] Step L forward, [5] step R beside L, [6] step L next to R (3:00)

BEGIN AGAIN!

Restarts:

***Restart after 24 counts on Wall 2 – facing 3:00**

***Restart after 24 counts on Wall 4 – facing 6:00**

***Restart after 24 counts on Wall 6 – facing 9:00**