Shadows of Life

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Ria Vos (NL) & Kate Sala (UK) - November 2026
Music: Bring Be Back to Life - Flavia Tash AI : (Spotify)

Intro: 32 counts from the violin playing.

Cross Kick, Out Out, Sailor Step, Cross Step Behind, Step Right, Cross Shuffle.

1 & 2	Cross kick R to left diagonal. Step R out to right side. Step L out to left side.
3 & 4	Cross step R behind L. Step L to left side. Step R to right side.
5 6	Cross step L behind R. Step R to right side.
7 & 8	Cross step L over R. Step R to right side. Cross step L over R.

Step Right & Heel, Hold & Touch In & Heel & Cross Step, Turn 1/4 Right, Rock Back, Recover.

& 1 2	Small step R to right side and slightly back. Dig L heel to left diagonal. Hold.
& 3	Step L next to R. Touch R next to L.
&4 &	Small step R to right side and slightly back. Dig L heel to left diagonal. Step L next to R.
5 6	Cross step R over L. Turn 1/4 right stepping back on L. 3:00
7 8	Rock back on R, Recover on to L. (Restart during wall 1 & 8)

Shuffle 1/2 Turn Left x 2, Step Pivot 1/4 Turn Left, Cross Step, Turn 1/4 Right.

1 & 2	Turn 1/4 left stepping R to right side. Step L next to R. Turn 1/4 left stepping back on R.
3 & 4	Turn 1/4 left stepping L to left side. Step R next to L. Turn 1/4 left stepping forward on L.
5 6	Step forward on R. Pivot 1/4 turn left.
7 8	Cross step R over L. Turn 1/4 right stepping back on L.

Turn 1/4 Right With Right Chasse, Cross Step, Turn 1/4 left, Long Step Back, Drag In, Ball Step, Step.

1 & 2	Turn 1/4 right stepping R to right side. Step L next to R. Step R to right side.
3 4	Cross step L over R. Turn 1/4 left stepping back on R.
5 6	Long step back on L. Drag R towards L.
& 7 8	Step on ball of R next to L. Step forward on L. Step forward on R.

(During wall 3 & 5, restart from here changing count 8 with a touch R next to L)

Left Heel Dig & Touch Right & Touch Left & Kick Ball Change, Step Forward, Rock Forward, Recover.

1 & 2	Dig L heel forward. Step L next to R. Touch R out to right side.
& 3 &	Step R next to L. Touch L out to left side. Step L next to R.
4 & 5	Kick R forward. Step down on R. Step L in place.
6 7 8	Step forward on R. Rock forward on L. Recover on to R.

Step Together, Rock Forward, Recover, Turn 1/4 Right, Hold, Ball Step Right, 1/2 Turn Hitch, Cross, Hold.

& 1 2	Step L next to R. Rock forward on R. Recover on to L.
3 4	Turn 1/4 right stepping R to right side. Hold.
& 5 6	Step L next to R. Turn 1/4 right stepping forward on R. Turn 1/4 right on R hitching L knee up.
7 8	Cross step L over R. Hold.

Side Rock Right, Side Rock Left, Touch R Forward, Hold, Touch L Forward, Touch R Forward.

1 2 &	Side rock on R to right side. Recover on to L. Step R next to L.
3 4 &	Side rock on L to left side. Recover on to R. Step L in and slightly back.
5 6	Touch Ball of R forward with bent knee. Hold.
& 7	Small step back on R. Touch ball of L forward with bent knee.
&. 8	Small step back on L. Touch ball of R forward with bent knee.

Ball Step Forward, Step, Rock Forward, Recover, Shuffle 1/2 Turn Left, Step Pivot 1/4 Turn Left.

& 1 2	Step down on R. Step forward on L. Step forward on R.
3 4	Rock forward on L. Recover on to R.
5 & 6	Turn 1/4 left stepping L to left side. Step R next to L. Turn 1/4 left stepping forward on L.
7 8	Step forward on R. Pivot 1/4 turn left.

Restarts:
Wall 1 after 16 counts, (3:00.) Wall 3 after 32 counts (9:00).
Wall 5 after 32 counts (3:00), Wall 8 after 16 counts (12:00).

Ending: On the last wall, count 63-64, change the step 1/4 pivot for a step 1/2 pivot turn left to face front, Then add a V step, stepping on the heavy beats, then punch the air.
