# Shadows of Life

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64 Count 4 Wall Intermediate Level Dance.
Choreographed by: Ria Vos (NL) & Kate Sala (UK) Nov 2026
Choreographed to: Bring Be Back to Life by Flavia Tash
Intro: 32 Counts. Start at approx 29 secs.

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|---|---|
| **SEC 1** | **KICK, OUT OUT, SAILOR STEP, BEHIND, SIDE, 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 |
| | |
| **SEC 2** | **BALL HEEL, HOLD TOUCH & HEEL & CROSS, ¼ BACK, ROCK BACK** |
| &1-2 | Step R to right side, touch L heel to left diagonal, hold |
| &3 | Step L next to R, touch R next to L |
| &4& | Step R to right side, touch L heel to left diagonal, step L next to R |
| 5-6 | Cross step R over L, turn ¼ right stepping back on L (3:00) |
| 7-8 | Rock back on R, recover on to L |
| | |
| **Restart** | Here on Walls 1 and 8 |
| | |
| **SEC 3** | **½ SHUFFLE, ½ SHUFFLE, STEP, PIVOT ¼, CROSS, ¼ BACK** |
| 1&2 | Turn ¼ left stepping R to right side, step L next to R, turn ¼ left stepping back on R (9:00) |
| 3&4 | Turn ¼ left stepping L to left side, step R next to L, turn ¼ left stepping forward on L (3:00) |
| 5-6 | Step forward on R, pivot ¼ turn left weight on left (12:00) |
| 7-8 | Cross step R over L, turn ¼ right stepping back on L (3:00) |
| | |
| **SEC 4** | **¼ CHASSE, CROSS, ¼ BACK, BACK, DRAG, BALL STEP, STEP** |
| 1&2 | Turn ¼ right stepping R to right side, step L next to R, step R to right side (6:00) |
| 3-4 | Cross step L over R, turn ¼ left stepping back on R (3:00) |
| 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 |
| | |
| **Restart** | Here on Walls 3 and 5, touch R next to L on count 8 to restart |
| | |
| **SEC 5** | **HEEL & TOUCH & TOUCH & KICK BALL CHANGE, STEP, ROCK** |
| 1&2 | Touch 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 R next to L, step L in place |
| 6-7-8 | Step forward on R, rock forward on L, recover on to R |



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**SEC 6 TOGETHER, ROCK, ¼ SIDE, HOLD, BALL SIDE, ½ STEP HITCH, CROSS, HOLD**

&1-2 Step L next to R, rock forward on R, recover on to L
3-4 Turn ¼ right stepping R to right side, hold (6:00)
&5-6 Step L next to R, turn ¼ right stepping forward on R, turn ¼ right hitching L knee up (12:00)
7-8 Cross step L over R, hold

**SEC 7 SIDE ROCK, SIDE ROCK, TOUCH FORWARD, HOLD, TOUCH SWITCH**

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 next to R
5-6 Touch R forward with bent knee, hold
&7 Step back on R, touch L forward with bent knee
&8 Step back on L, touch R forward with bent knee

**SEC 8 BALL STEP, STEP, ROCK, ½ SHUFFLE, STEP, PIVOT ¼**

&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 ¼ left stepping L to left side, step R next to L, turn ¼ left stepping forward on L (6:00)
7-8 Step forward on R, pivot ¼ turn left weight on left (3:00)