Shadows of Life (November 2026)
Choreographer : Ria Vos & Kate Sala
Type of dance : 4 wall line dance
Level : Intermediate
Counts : 64
Intro: 32 counts from the violin playing

Home
Music : Bring be back to life **AI**
Artist : Flavia Tash available on Spotify
BPM : 132
Dancevideo

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 fwd 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.

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