In This Life (今生今世) (zh)

Count: 32 **Wall:** 2 **Level:** Improver
Choreographer: Martine Saelens (BEL) & Sandy Gorez (BEL)
Music: In This Life - Collin Raye

前奏： Intro: 64 counts (29 secs) Start on Main Vocals (Total Song Duration 3m 42s)

第一段	**Step Back, Rock, Recover, Step Forward, ¼ Turn Right, ¼ Turn Left, Full Turn Traveling Left 後踏, 下沉回復,前踏, 右1/4, 左1/4, 左轉圈**
1	Left Foot Long Step Back 左足後一大步
2	Close Right Foot Next To Left Foot 右足併踏
&	Left Foot Small Step Forward 左足略前踏
3	Step Right Foot Forward 右足前踏
4	Pivot ¼ Turn Right Onto Left Foot 右轉90度左足踏
&	Replace Weight To Right Foot (Facing 3:00) 重心在右足(面向3點鐘)
5	Cross Left Foot In Front Of Right Foot 左足於右足前交叉踏
6	Right Foot Small Step Back, ¼ Turn Left 右足略後踏左轉90度
&	Step Left Foot Left (Facing 12:00) 左足左踏(面向12點鐘)
7	Cross Right Foot In Front Of Left Foot 右足於左足前交叉踏
8	¼ Turn Right, Step Left Foot Back 右轉90度左足後踏
&	½ Turn Right, Step Right Foot Forward 右轉180度右足前踏
1	左後右拖
2&3	踏 略前踏 前踏
4&5	右90 踏 交叉
6&7	左90 左踏 交叉踏
8&1	90 180 90

第二段	**Cross Rock, Recover, Step Right, Rock Forward, Recover, Step Back, Cross, Unwind Full Turn, Ronde, Step Right** **交叉下沉回復, 右踏, 前下沉回復, 後踏, 交叉繞圈, 繞, 右踏**
9	¼ Turn Right, Step Left Foot Left 右轉90度左足左踏
10	Cross Rock Right Foot In Front Of Left Foot 右足於左足前交叉下沉
&	Recover To Left Foot 左足回復
11	Step Right Foot Right 右足右踏
12	Rock Left Foot In Front Of Right Foot 左足於右足前交叉下沉
&	Recover Weight To Right Foot 右足回復

RESTART: On The 3rd Wall, AFTER Count 12&, Restart The Dance (You Will Be Facing Starting Wall) 第三面牆在12&從頭起跳

13	Step Left Foot Back 左足後踏
14	Cross Right Foot In Front Of Left Foot 右足於左足前交叉踏
15	Unwind Full Turn Left, Sweep Left Foot From Front To Back 左轉圈左足繞至後
16	Finish With Left Foot Crossed Behind Right Foot 左足於右足後踏
&	Step Right Foot Right 右足右踏
2&3	交叉下沉回復 右踏
4&	交叉下沉回復 (第三面牆從頭起跳)
5-6	左後 交叉

7	左轉圈
8&1	繞後踏 右踏 交叉(後旁交叉)

第三段 **Cross, Rock, Recover, Cross, ¼ Turn Right, ¼ Turn Right 2x**
交叉下沉回復, 交叉, 右1/4, 右1/4 二次

17	Cross Left Foot In Front Of Right Foot 左足於右足前交叉踏
18	Right Foot Rock Right 右足右下沉
&	Recover Weight To Left Foot 左足回復
19	Cross Right Foot In Front Of Left Foot 右足於左足前交叉踏
20	¼ Turn Right, Step Left Foot Back 右轉90度左足後踏
&	¼ Turn Right, Step Right Foot Right (Facing 6:00) 右轉90度右足右踏(面向6點鐘)
21	Cross Left Foot In Front Of Right Foot 左足於右足前交叉踏
22	Right Foot Rock Right 右足右下沉
&	Recover Weight To Left Foot 左足回復
23	Cross Right Foot In Front Of Left Foot 右足於左足前交叉踏
24	¼ Turn Right, Step Left Foot Back 右轉90度左足後踏
&	¼ Turn Right, Step Right Foot Right (Facing 12:00) 右轉90度右足右踏(面向12點鐘)
2&3	右下沉回復交叉(曼波交叉)
4&5	右90 90 交叉
6&7	右下沉回復交叉(曼波交叉)
8&	90 90

第四段 **Side, Rock, Recover, ¼ Turn Right, ½ Turn Right, ¼ Turn Right, Step Forward, Pivot ½ Turn, Step, Rock Forward**
側, 下沉回復, 右1/4, 右1/2, 右1/4, 前踏, 轉1/2, 踏, 前下沉

25	Left Foot Long Step Left 左足左一大步
26	Rock Right Foot Back 右足後下沉
&	Recover To Left Foot 左足回復
27	¼ Turn Right, Step Right Foot Forward 右轉90度右足前踏
28	½ Turn Right, Step Left Foot Back 右轉180度左足後踏
&	¼ Turn Right, Step Right Foot Right 右轉90度右足右踏
29	Step Left Foot Forward 左足前踏
30	Step Right Foot Forward 右足前踏
&	½ Turn Left, Step Left Foot Forward (Facing 6:00) 左轉180度左足前踏(面向6點鐘)
31	Step Right Foot Forward 右足前踏
32	Rock Left Foot Forward 左足前下沉
&	Recover 右足回復
1-2&	Night Club
3	右90
4&5	180 90前踏
6&	前踏轉
7	前踏
8&	前下沉回復