This Life

Count: 32 **Wall:** 4 **Level:** Advanced Night Club 2 Step (Smooth)

Choreographer: Daniel Trepat (NL) & Pim van Grootel (NL) - 2009

Music: In This Life - Collin Raye
or: In This Life - Westlife

*****Official WCDF competition dance description 2009*****

Note : The music is the special edit without the tag's
¼ Turn R, cross, unwind full turn R, rondè, lock, unwind, full turn R, point, raise, together, point, raise, 1 3/8 turn R.
Start facing 9:00

1	RF ¼ turn right and step fwd. (12.00)
2	LF Cross over RF
&	Unwind full turn right, weight on LF
3	RF High rondè (hip height)
4	RF Lock behind LF
&	Unwind full turn right, weight on LF
5	RF Recover weight on RF, bend R.knee and point L.toe to the side
6	Raise up
&	LF Step next to RF
7	LF Bend L.knee and point R.toe to the side
8&	Raise up
1	LF 1 3/8 turn right, weight on LF (04.30)

Step fwd, step together with ¾ turn R, 1/8 turn R with lunge, recover, step back, 3/8 turn L, full turn L, lunge, ½ turn L.

2	RF Step fwd
&	LF Step next to RF and turn ¾ right, weight on LF (01.30)
3	RF 1/8 turn right en lunge with RF fwd (03.00)
4	LF Recover weight on LF
&	RF Step back
5	LF 3/8 turn left and step LF fwd (10.30)
6	Full turn left on LF
7	RF Lunge fwd and bend your body towards your knees
8	Raise up
&1	RF ½ turn left, keep weight on RF

***3/8 turn L, step fwd, step together with ¾ turn L, ¼ turn L, ¼ turn L, raise up and go down, step back, step back, ¼ turn R.**

2	RF 3/8 turn left, weight on RF (12.00)
3	LF Step fwd
4	RF Step together and turn ¾ left
&	LF ¼ turn left step fwd (12.00)
5	RF ¼ turn left step to the right, raise up on your toes
6&	Start lowering down
7	LF Recover weight on LF
8	RF Step back
&	LF Step back
1	RF ¼ turn right and step to the right

Cross unwind R, sweep, behind, side, cross, unwind L, ¼ turn L lunge ¾ spiral turn R

2	LF Cross over RF
&	Unwind full turn right
3	RF Sweep RF from front to back
4	RF Cross behind LF
&	LF Step to the left side
5	RF Cross over LF
6	RF Unwind full turn left, weight on RF
7	LF ¼ turn left lunge fwd
8&	¾ spiral turn right, weight on LF (6.00)
