

This Life

Choreographer: Daniel Trepát & Pim van Grootel (Dec. 2008)
Level: Advanced
Type: 4 wall line dance - NCTS
Counts: 32
Music: In This Life, by Westlife or Colin Raye
Intro: 16 counts



Start facing 09.00 O'clock

¼ Turn R, cross, unwind full turn R, rondé, lock, unwind full turn R, point, raise, together, point, raise, 1 3/8 turn R.

- 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 rondé (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)

1st Tag of 12 counts after the 2nd wall:

¼ turn R, cross, step, basic step, diamond fallaway, ½ turn L with sweep

- 1 RF ¼ turn right and step fwd. (6.00)
- 2 LF Cross over RF
- & RF Step back
- 3 LF Step to the left
- 4 RF Step behind LF
- & LF Cross over RF
- 5 RF Step to the right (facing 6.00)
- 6 LF Step diagonally right back
- & RF Step back
- 7 LF Step to the left (facing 3.00)
- 8 RF Step diagonally left fwd
- & LF Step forward
- 9 RF Step to the right (facing 12.00)
- 10 LF Step diagonally right back
- & RF Step back
- 11 LF ¼ turn L step fwd (6.00) and start your sweep with RF
- 12 turn L and finish sweep

2nd Tag of 4 counts after the 4th wall (only on the Westlife version):

¼ turn R, cross, unwind full turn R (in your own way)

- 1 RF ¼ turn right and step fwd. (12.00)
- 2 LF Cross over RF
- 3 – 4 Unwind full turn R in your own way
It could be slow, pirouette or what ever you like!
Make sure that you finish facing 9.00 to start again.

Have fun and good luck!!!