

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!!!