

# In This Life

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Daniel Whittaker (UK)

**Musique:** In This Life - Ronan Keating



---

## **SIDE ROCK STEP RIGHT AND LEFT, STEP FORWARD ½ TURN RIGHT, FULL TURN LEFT**

- 1-2& Step right to side, rock left behind right, replace weight on right  
3-4& Step left to side, rock right behind left, replace weight on left  
5-6& Step right foot forward, step left forward, make ½ turn right  
7&8 Step forward left, ½ turn left step back right, ½ turn left step forward left

## **SIDE ROCK STEP RIGHT AND LEFT, STEP LOCK AND ½ TURN WALK LEFT RIGHT**

- 1-2& Step right to side, rock left behind right, replace weight on right  
3-4& Step left to side, rock right behind left, replace weight on left  
5-6& Step forward right, lock left foot up behind right, take small step forward right foot  
7&8& Step forward left, ½ turn right, step forward left foot, step forward right foot

## **SYNCOPATED ROCK STEPS FORWARD AND BACK, ¼ TURN RIGHT AND LEFT**

- 1-2& Rock forward left foot, replace weight on right, step left beside right  
3-4& Rock back right foot, replace weight on left, step right ¼ turn left and slightly to the side  
5-6& Rock left foot behind right foot, replace weight on right, step left to left side  
7&8 Step right foot behind left, step left to side, step right over left

## **ROCK AND CROSS SHUFFLE, ¼ TURN, ROCK AND ½, ROCK AND ¼ TURN**

- 1&2 Rock left out to the side, recover weight on right, step left over right  
&3&4 Step right slightly to the right, cross left over right, step right back as you make a ¼ turn left, step left slightly back  
5&6 Rock back right foot, replace weight on left, make ½ turn left step back right foot  
7&8 Make a further ¼ turn left rock left out to side, recover weight on right, cross left over right

**REPEAT**

---