

# In This Life (今生今世) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Improver  
编舞者: Martine Saelens (BEL) & Sandy Gorez (BEL)  
音乐: 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

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