

# In This Life

COPPER KNOB  
STEPPED SHEETS

拍数: 30      墙数: 4      级数: High Intermediate  
编舞者: Sandy Kerrigan (AUS) - March 2018  
音乐: We're All Alone - Boz Scaggs : (Album: The Essential Boz Scaggs - iTunes)



**Dance Info: Dance starts wt on L – Start on lyrics - BPM [127] Track Length 4:00**

**Rock Fwd R, ¼ R Side, Cross, ¼, ¼, Cross Hitching L, Cross, Side, Behind, ¼ Fwd, ½ Back, Rock Back 6:00**

1 2 & 3      Rock Fwd R, Replace to L, Turning ¼ R-Step R to R, Cross L over R  
4 & 5      Turning L-1/4 Step Back on R, ¼ Step L to L Side, \*\* Wall 7 Cross R over L/Hitching L  
6 & 7      Cross over R, Step R to R Side, Cross/Step L Behind R  
8 & 1      Turning R-1/4 R-Step Fwd R 12:00, ½ R-Step Back on L, Rock Back on R

**Rock Fwd L, 1/4 L Step Side, Cross/Behind, Cross, Side, 1/8th R-Step Back R, L Coaster Step, Full Turn L, Step Hitch on Diagonal (Facing Back L45°)**

2 & 3      Rock Fwd L, Turning ¼ L-Step R to R, Cross/Step L Back Behind R  
4 & 5      Cross R over L, Step L to L Side, Turning 1/8th R to face back R45°-Step Back R  
6 & 7      Step Back on L, Step R next to L, Step Fwd L  
8 & 1      Turning Fwd L-1/2 L-Step Back on R, ½ L-Step Fwd on L, Step Fwd R-Hitch L

**Step Back Drag, Step Back Drag, L Mambo Step, 1/8th L-Step Side R, Run Back L, R, L, ¼ R-Side Rock, Step Drag, Behind, ¼ L Fwd, Fwd Drag, Back Sweep, Behind, ¼, Pivot ¾ L 3:00**

2 3      Step Back L-Dragging R, Step Back R-Dragging L  
4 & 5      Rock Back on L, Replace Fwd to R, Step Fwd L  
6 & 7      Turning 1/8th L to 3:00-Step R to R Side, Run Back L, Run Back R  
8 & 1      Run Back L, Turn ¼ R to 6:00-Rock R to R Side, Push L to L Side-Drag R to L

**Ending here facing 12:00**

**Behind, ¼ Fwd, Step Fwd with Hitch, Step Back Sweep, Behind, Step ¼ Fwd, Fwd ¾ Pivot Turn 3:00**

2 & 3      Cross/Step R Behind L, Turning ¼ L-Step Fwd L, Step Fwd R-Hitching L  
4 5      Step Back L-Sweeping R to Side, Cross R Behind L (5)  
& 6 &      Turning ¼ L-Step Fwd L 12:00, Step Fwd R, Pivot ¾ L to 3:00 wt on L (small steps)  
[30]

**Note: End of Wall 5**

**[4&] count Tag- Restart facing 3:00 Wall**

1 & 2 &      Right Syncopated Rock Chair (fwd and Back)  
3 & 4 &      2 X ½ Pivot Turns L-wt on L-Restart facing 3:00

**Wall 7 – Starts at 6:00-Restart at 3:00\*\* after count 4 &**

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