

This Life

拍數: 32

牆數: 4

級數: Advanced Night Club 2 Step
(Smooth)



編舞者: Daniel Trepát (NL) & Pim van Grootel (NL) - 2009

音樂: In This Life - Collin Raye

或: In This Life - Westlife

Official WCDF competition dance description 2009

Note : The music is the special edit without the tag's

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

Start facing 9:00

- 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)
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