

In This Life

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Bambang Satiyawan (INA) & Tutuk Kusdaryanti (INA) - June 2020
音樂: In This Life - Collin Raye



Start dance on vocal (after 16 Counts),

Section I. BASIC NIGHT CLUB - TURN AND RONDE - SIDE -CROSS - SIDE - DIAGONAL FORWARD - TOUCH -BACK AND SWEEP - BEHIND-SIDE

- 1 – 2& Step R to side, Close L behind L, Cross R over L
3 – 4& Turn ¼ right Step L back and Ronde your R continuing turn ¼ more facing 06.00, Step R to side, Cross L over R
5 – 6& Step R to side, Turn 1/8 right (07.30) Step L forward, Touch R behind L
7 – 8& Turn 3/8 left Step R back and Sweep L to back, Cross L behind R, Step R to side (03.00)

Section II. DIAGONAL FORWARD - TURN - HOOK -FORWARD - DIAMOND - SWAY

- 1 – 2& Turn 1/8 right (04.30) Step L forward, Turn ½ right still standing with your L weight on L and your R still point on the floor for balancing, Hook your R
3 – 4& Step R forward, Step L forward*, Turn 1/8 left Step R to side (09.00)
***Restart here after 4 Counts on wall 3**
5 – 6& Turn 1/8 left Step L back (07.30), Step R back, Turn 1/8 left Step L to side (06.00)
7 – 8 Sway Right, Sway Left

Section III. RUNNING BACK WITH SWEEP - TURN - SPIRAL - WALK - WALK - PIVOT & SWEEP - CROSS - SIDE - TURN BACK - PENCIL TURN

- &1-2& Step Back on R, Step back on L with sweep R from Front to Back, Cross R behind L, 1/4 turn L Step L Forward
3-4& Step R Forward with Full Turn L (weight on R) (03.00), Step L forward, Step R Forward
5-6& 1/2 turn L Step L Forward(09.00) with sweep from back to front, Cross R over L, Step L to side
7-8& 1/4 turn R step back on R(12.00), Step L Forward, Touch R Slightly Forward Beside L While Turning With Full Turn to L

Section IV. FORWARD & SWEEP - CROSS - BEHIND & SWEEP - TURN & BACK - SYNCOPATED

- 1-2& Step L forward with sweep from back to front, Cross R over L, Step L to Side
3-4& Step Back on R with sweep L from front to back , Cross L behind R, 1/4 turn R Step R Forward(03.00)
5 - 6& 1/2 Turn R Step L Forward with Sweep R from Front to Back (03.00), Cross R behind L, Step L to Side
7&-8& Rock R cross over L, Recover on L, Step R to Side, Cross L over R

***** Restart on wall 3 after 12 counts

Cheers, Healthy and Happy

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