

# This Life

拍數: 72      牆數: 2      級數: Improver waltz  
編舞者: Regina Turnbull (AUS)  
音樂: This Life - LeAnn Rimes



## WALTZ FORWARD, WALTZ BACK

1-2-3      Step left forward, step right together, step left together  
4-5-6      Step right back, step left together, step right together

## FORWARD ½ TURN, WALTZ BACK ON RIGHT

1-2-3      Step forward on left turn ½ turn left, step right back, step left together  
4-5-6      Step back on right, step left together, step right together

## FORWARD, SLOW SWEEP, FORWARD, SLOW SWEEP

1-2-3      Step forward on left, sweep right foot to side (2 beats)  
4-5-6      Step forward on right, sweep left foot to side (2 beats)

## ACROSS, SIDE, BEHIND, SIDE, DRAG

1-2-3      Step left foot across right, step right to side, step left behind  
4-5-6      Step right foot to side, drag left foot right (2 beats)

## TURN A FULL TURN, STEP DRAG

1-2-3      Turn a full turn left stepping right-left-right  
4-5-6      Step right foot to side, drag left beside right (2 beats)\*\*

## TURN A FULL TURN, WALTZ ACROSS

1-2-3      Turn a full turn left stepping left-right-left  
4-5-6      Step right across left, step left aside, step right

## WALTZ ACROSS, STEP BACK, SLOW SWEEP

1-2-3      Step left across right, step right to side, step left  
4-5-6      Step back on right, sweep left to side (2 beats)

## STEP BACK, SLOW SWEEP, WALTZ BACK

1-2-3      Step back on left, sweep right to side (2 beats)  
4-5-6      Step back on right, step left together, step right together

Restart 1 goes here

## ACROSS, TOUCH, ¼ TURN, SAILOR

1-2-3      Cross left over right, touch right to side, hold  
4-5-6      Turn ¼ turn right, sweep right behind left, step onto left, step onto right

## ACROSS, TOUCH, ¼ TURN, SAILOR

1-2-3      Cross left over right, touch right to side, hold  
4-5-6      Turn ¼ turn right, sweep right behind left, step onto left, step onto right

## FORWARD, TURN ½, BACK, TURN ½

1-2-3      Step forward on left, turn ½ left, step right, step left  
4-5-6      Step back onto right, turn ½ left, step left, step right

## STEP FORWARD, DRAG, STEP BACK, TURN ½

1-2-3      Step forward on left, drag right together (2 beats)

4-5-6            Step back on right, turn  $\frac{1}{2}$  left, step left, step right

**REPEAT**

**RESTART**

**On wall 2, restart after count 48**

**On wall 4, restart after count 30**

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