

In This Life

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Charlotte Macari (UK) - October 2009
音樂: In This Life - Collin Raye
或: In This Life - Ronan Keating



Right Side Together, Cross, Left Side, Together, Cross, Step ¼ Right, Step Pivot, Left Rocking Chair

1,2& Step right to right side, Step left next to right, Step right across left
3,4& Step left to left side, Step right next to left, Step left across right
5,6& Turn ¼ right stepping forward to right, Step forward left, Turn ½ pivot right [9.00]
7&8& Rock forward on left, Recover right, Rock back on left, Recover right

Step Forward Left With Sweep, Right Twinkle, Left Twinkle With ½ To Left, Cross, Side Step, Cross Rock, Recover, Step ¼ Right, Full Turn Right

1 Step forward on left, whist sweeping right from back to forward
2&3 Cross right over left, Step back left to left diagonal, Step right back to right diagonal
4&5 Cross left over right, Turn ¼ left stepping back on right, Turn ¼ left stepping left to left side [3.00]
6& Step right across left, Step left to left side
7& Cross right over left, Recover on left
8&1 Turn ¼ right stepping forward on right, Turn ½ right stepping back on left, Turn ½ right stepping forward on right [6.00]

Easy: Step forward left, right on counts &1

Left Step Pivot, Step, Right Step Pivot ¼, Cross, Left Side Rock, Recover, Step Left Behind With Sweep, Weave

2&3 Step forward left, Turn ½ Pivot right, Step forward left [12.00]
4&5 Step forward right, Turn ¼ left, Cross right across left [9.00]
6&7 Rock left to left side, Recover, Cross left behind right, whilst sweeping right from front to back
8&1 Cross right behind left, Step left to left side, Cross right in front of left

Touch, Touch, Weave, Sway Right, Sway Left, Two Quick Sways R,L

2-3 Touch left foot forward, then to the left side
4&5 Step left behind right, Step right to right side, Cross left over right
6-7 Step right to right side, swaying hips to right, Transfer weight back onto left taking hips to left
8& Sway hips right the left, (step to right on count 1 to restart dance!!)

RESTART: on wall 3, with tiny tag! After Counts 2&3 of section two, (Right Twinkle), Wall 3 add

4& Cross left over right, Turn ¼ left on left, touching right next to left, Restart dance facing 12.00

Enjoy & Smile!