

**This Life** 

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32 Count, 4 Wall, Advanced Choreographer: Daniel Trepat & Pim van Grootel (NL) Dec 2008

Choreographed to: In This Life by Westlife or Colin Raye

5 RF

Step to the right (facing 6.00)

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Intro: 16 counts. Start facing 9 o'clock	
1 RF 2 LF & 3 RF 4 RF & 5 RF 6 & LF 7 LF 8& 1 LF	1/4 Turn R, cross, unwind full turn R, ronde, lock, unwind full turn R, point, raise, together, point, raise, 1 3/8 turn R.  1/4 turn right and step fwd. (12.00) Cross over RF Unwind full turn right, weight on LF High ronde (hip height) Lock behind LF Unwind full turn right, weight on LF Recover weight on RF, bend R.knee and point L.toe to the side Raise up Step next to RF Bend L.knee and point R.toe to the side Raise up 1 3/8 turn right, weight on LF (04.30)
2 RF & LF 3 RF 4 LF & RF 5 LF 6 7 RF 8 &1 RF	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.  Step fwd  Step next to RF and turn ¾ right, weight on LF (01.30) 1/8 turn right en lunge with RF fwd (03.00)  Recover weight on LF  Step back 3/8 turn left and step LF fwd (10.30)  Full turn left on LF  Lunge fwd and bend your body towards your knees  Raise up ½ turn left, keep weight on RF
2 RF 3 LF 4 RF & LF 5 RF 6& 7 LF 8 RF & LF 1 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. 3/8 turn left, weight on RF (12.00) Step fwd Step together and turn ¾ left ¼ turn left step fwd (12.00) ¼ turn left step to the right, raise up on your toes Start lowering down Recover weight on LF Step back Step back ¼ turn right and step to the right
2 LF & 3 RF 4 RF & LF 5 RF 6 RF 7 LF 8&	Cross unwind R, sweep, behind, side, cross, unwind L, ¼ turn L lunge ¾ spiral turn R Cross over RF Unwind full turn right Sweep RF from front to back Cross behind LF Step to the left side Cross over LF Unwind full turn left, weight on RF ¼ turn left lunge fwd ¾ spiral turn right, weight on LF (6.00
1st Tag 1 RF 2 LF & RF 3 LF 4 RF & LF	of 12 counts after the 2 <sup>nd</sup> wall:  1/4 turn R, cross, step, basic step, diamond fallaway, 1/2 turn L with sweep 1/4 turn right and step fwd. (6.00)  Cross over RF  Step back Step to the left Step behind LF Cross over RF

6 LF Step diagonally right back & RF Step back Step to the left (facing 3.00) 7 LF 8 RF Step diagonally left fwd & LF Step forward 9 RF Step to the right (facing 12.00) Step diagonally right back 10 LF & RF Step back 11 LF 1/4 turn L step fwd (6.00) and start your sweep with RF 12 turn L and finish sweep 2<sup>nd</sup> Tag of 4 counts after the 4<sup>th</sup> wall (only on the Westlife version):

1/4 turn R, cross, unwind full turn R (in your own way) 1/4 turn right and step fwd. (12.00) Cross over RF 2 LF Unwind full turn R in your own way 3 - 4It could be slow, pirouette or what ever you like! Make sure that you finish facing 9.00 to start again.

## Have fun and good luck!!!

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