

# This Life

Count: 32

Wall: 4

Level: Advanced Night Club 2 Step  
(Smooth)

Choreographer: Daniel Trepas & Pim van Grootel - 2009

Music: "In This Life" by Colin Raye or 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&

$\frac{3}{4}$  spiral turn right, weight on LF (6.00)