

# THIS LIFE

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**Count:** 72

**Wall:** 2

**Level:** beginner/intermediate waltz

**Choreographer:** Regina Turnbull

**Music:** This Life by 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,  $\frac{1}{4}$  TURN, SAILOR**

**1-2-3** Cross left over right, touch right to side, hold

**4-5-6** Turn  $\frac{1}{4}$  turn right, sweep right behind left, step onto left, step onto right

**ACROSS, TOUCH,  $\frac{1}{4}$  TURN, SAILOR**

**1-2-3** Cross left over right, touch right to side, hold

**4-5-6** Turn  $\frac{1}{4}$  turn right, sweep right behind left, step onto left, step onto right

**FORWARD, TURN  $\frac{1}{2}$ , BACK, TURN  $\frac{1}{2}$**

**1-2-3** Step forward on left, turn  $\frac{1}{2}$  left, step right, step left

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

**STEP FORWARD, DRAG, STEP BACK, TURN  $\frac{1}{2}$**

**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**