

IN THIS LIFE

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Daniel Whittaker

Music: In This Life by Ronan Keating

SIDE ROCK STEP RIGHT AND LEFT, STEP FORWARD $\frac{1}{2}$ TURN RIGHT, FULL TURN LEFT

- 1-2&** Step right to side, rock left behind right, replace weight on right
- 3-4&** Step left to side, rock right behind left, replace weight on left
- 5-6&** Step right foot forward, step left forward, make $\frac{1}{2}$ turn right
- 7&8** Step forward left, $\frac{1}{2}$ turn left step back right, $\frac{1}{2}$ turn left step forward left

SIDE ROCK STEP RIGHT AND LEFT, STEP LOCK AND $\frac{1}{2}$ TURN WALK LEFT RIGHT

- 1-2&** Step right to side, rock left behind right, replace weight on right
- 3-4&** Step left to side, rock right behind left, replace weight on left
- 5-6&** Step forward right, lock left foot up behind right, take small step forward right foot
- 7&8&** Step forward left, $\frac{1}{2}$ turn right, step forward left foot, step forward right foot

SYNCOPATED ROCK STEPS FORWARD AND BACK, $\frac{1}{4}$ TURN RIGHT AND LEFT

- 1-2&** Rock forward left foot, replace weight on right, step left beside right
- 3-4&** Rock back right foot, replace weight on left, step right $\frac{1}{4}$ turn left and slightly to the side
- 5-6&** Rock left foot behind right foot, replace weight on right, step left to left side
- 7&8** Step right foot behind left, step left to side, step right over left

ROCK AND CROSS SHUFFLE, $\frac{1}{4}$ TURN, ROCK AND $\frac{1}{2}$, ROCK AND $\frac{1}{4}$ TURN

- 1&2** Rock left out to the side, recover weight on right, step left over right
- &3&4** Step right slightly to the right, cross left over right, step right back as you make a $\frac{1}{4}$ turn left, step left slightly back
- 5&6** Rock back right foot, replace weight on left, make $\frac{1}{2}$ turn left step back right foot
- 7&8** Make a further $\frac{1}{4}$ turn left rock left out to side, recover weight on right, cross left over right

REPEAT