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# **Gentle Through Your Life**

64 Count, 4 Wall, Intermediate Choreographer: Ines Maaß (DE) Dec 2013 Choreographed to: Go Gentle by Robbie Williams

Intro 32 Counts

## 1 Walk Forward R/L, Anchor Step, Walk Back L/R, Anchor Step

- 1-2 two steps forward R/L,
- 3 & 4 step RF behind LF (3rd FP), shift weight on LF, shift weight on RF,
- 5-6 two steps back L/R,
- 7 & 8 step LF behind RF (3rd FP), shift weight on RF, shift weight on LF,

#### 2 Rock Back, Kick Ball Change, Point Hold, Cross Unwind <sup>1</sup>/<sub>2</sub> Turn L

- 1-2 step RF back, recover weight on LF,
- 3 & 4 kick RF forward, step right ball next to LF, step LF on place,
- 5-6 point right toes to right side, hold,
- 7-8 cross RF over LF, unwind 1/2 turn left (keep weight on RF),

### 3 Chassé L, Rock Back, Kick Ball Cross, Toe Strut to Side

- 1 & 2 step LF to left, step RF together, step LF to left,
- 3-4 step RF back, recover weight on LF,
- 5 & 6 kick RF forward, step right ball next to LF, cross LF over RF,
- 7-8 touch right toes to right side, step down on RF,

### 4 Toe Strut Across, Side Rock, Cross Shuffle, ¼ Turn R 2 x

- 1-2 touch left toes across RF, step down on LF,
- 3-4 step RF to right, recover weight on LF,
- 5 & 6 cross RF over LF, step LF towards RF, cross RF over LF,
- 7-8 ¼ turn right stepping back on LF, ¼ turn right stepping forward on RF,

Restart during wall 4 - Touch RF next LF, only ¼ turn

### 5 Shuffle Forward, Step <sup>1</sup>/<sub>2</sub> Turn L, Shuffle Forward, Step <sup>1</sup>/<sub>4</sub> Turn R

- 1 & 2 step LF forward, step RF towards LF, step LF forward,
- 3-4 step RF forward,  $\frac{1}{2}$  turn left and shift weight on LF,
- 5 & 6 step RF forward, step LF towards RF, step RF forward,
- 7-8 step LF forward,  $\frac{1}{4}$  turn right and shift weight on RF,

### 6 Reverse Monterey <sup>1</sup>/<sub>2</sub> Turn L, Elvis Knees L/R with Hold

- 1-2 point left toes to left side,  $\frac{1}{2}$  turn left on ball of RF stepping LF together,
- 3-4 point right toes to right side, step RF next to LF,
- 5-6 lift left heel turning left knee to right, hold,
- 7-8 shift weight on LF and lift right heel turning right knee to left, hold,

### 7 Chassé R, Rock Back, Triple <sup>1</sup>/<sub>2</sub> Turn R, Rock Back

- 1 & 2 step RF to right, step LF together, step RF to right,
- 3-4 step LF back, recover weight on RF,
- 5 & 6 ¼ turn right stepping LF to left, step RF together, ¼ turn right stepping LF to left,
- 7-8 step RF back, recover weight on LF,

### 8 Toe Struts Forward R/L, Monterey <sup>1</sup>/<sub>2</sub> Turn R

- 1-2 touch right toes forward, step down on RF,
- 3-4 touch left toes forward, step down on LF,
- 5-6 point right toes to right side,  $\frac{1}{2}$  turn right on ball of LF stepping RF together,
- 7-8 point left toes to left side, step LF next to RF.

**Restart**: Dance wall 4 until Count 31 (4th sequence) and replace count 32 with Touch RF next to LF. Start the dance from the beginning on 6 o'Clock.

Ending: The dance will end within the 5th sequence dancing Shuffle Forward, Step ½ Turn L on 12 o'Clock.