

This Life

48 Count, 2 Wall, Intermediate Level
Choreographer: Chris Watson (Aus) Apr 2008
Music: This Life by Leanne Rimes

Start on vocals

Cross Waltz R Over L, Cross Waltz L over R ½ Turn

- 1,2,3 Cross R foot in front of L, Step L to L side, Rock back onto R
4,5,6 Cross L Foot Over R, ¼ turn L as you step back onto your R, Continue with another ¼ turn L (6 O Clock) Stepping L to L side

Full Turn Forward, Rock half turn, step forward

- 1,2,3 Turn Via your right, do a full turn as you waltz forward R,L,R
4,5,6 Rock forward onto L foot, back onto R Foot and do a ½ turn via L stepping forward (12 O clock)
1/4 Turn Step To Side, Behind, ¼ turn step forward R, Pivot Half, ¼ turn stepping to L
1,2,3 ¼ turn L stepping R to R Side (9 O Clock), Step L behind R, ¼ turn R stepping forward onto R
4,5,6 Step L forward Pivot a ½ turn via your R, taking weight onto R, continue with a ¼ turn L, stepping L to L side

Right Sailor, Left Sailor

- 1,2,3 Step R Behind L, L to L Side and replace weight onto R
4,5,6* Step L behind R, R to R side and replace weight onto L* Behind, quarter Step, Rock, Half turn
1,2,3 Step R foot behind L, ¼ turn L stepping forward onto L, Step Forward R (6 O Clock)
4,5,6 Rock Forward onto L, Back onto R, do a ½ turn via L stepping Forward onto L (12 O Clock)

Step Drag, Step Drag

- 1,2,3 Step R forward to L diagonal (11 O Clock) Drag Left towards R
4,5,6 Step L forward to L diagonal (11 O Clock) drag Right towards L Rock, Replace ¼, ¼ turn Side, behind and ¼.
1,2,3 Rock forward onto R, Back onto L, turn a ¼ turn to R but straighten up to the 3 O clock Wall, stepping forward onto R
4,5,6 Turn ¼ turn R (6 O clock) stepping L to L side, Step R behind L and ¼ Turn L stepping forward onto L Pivot ½ turn, quarter turn step behind sway hips R,L
1,2,3 Step forward onto R, pivot ½ Turn Via L, take weight onto L, Continue doing a ¼ turn R, stepping R to r Side (6 O clock)
1,2,3 Step L Behind R, Step R to R side, Sway hips R,L

Restart: wall 3 (Front Wall) dance up to beat 24 *, after your right sailor, step L behind R, Step R forward to the front doing a ¼ turn and step L together, restart dance for wall 4 at 12 O clock Wall

Tag: at the end of wall 5 you will be back at the front wall, do the following tag

- 1,2,3 Step R to R side, Drag L towards R, Click Fingers as touching L together
4,5,6 Step L to L side, Drag R towards L, click fingers as dragging on beat 6 and restart dance by stepping R over L.

Music download available from iTunes