

IN THIS LIFE

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MUSIC: CD - The Best of Collin Raye Direct Hits - "In This Life" Track #7 RELEASED: July 2007
SEQUENCE: Intro, A, B, A, B, Ending SPEED: As on CD or MD E-Mail: cworlock@tampabay.rr.com
RHYTHM: Slow Two-Step PHASE: (Soft) VI FOOTWORK: Described for M - W opp (or as noted)

INTRO

1 - 4 WAIT; WAIT; OPEN BASICS;

- 1-2 - Wait 2 measures in close CUDDLE EMBRACE POS M's L arm around the W w/L hand almost reaching her L shoulder blade & R arm around W w/R hand on the lower center of W's back (R arm around the top of M's L arm w/R hand on top of M's L shoulder and L arm around the top of M's R arm w/L hand barely reaching M's R shoulder) M's head is down & looking to the L and W's head is turned R & tilted in close to M's chest;;
- 3 - Sd L trng slightly RF release ptr from trail arm to V-shape LEFT ½ OPEN POS FCING RLOD,-, XRIB of L, rec L;
- 4 - Trng LF sd R release ptr from lead arm & scooping ptr up w/R arm to V-shape ½ OPEN POS FCING LOD,-, XLIB of R, rec R comm RF trn;

5 - 8 TRAVELING R TRN; w/ZIG ZAG; L TRN INSIDE ROLL TO HANDSHAKE; SIDE DRAW TCH;

- 5 - Cont RF trn crossing in front of W sd & bk L to CP RLOD,-, XRIB of L pressure wgt, twist trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L (fwd R LOD between M's feet,-, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checking) to end CONTRA BJO M FCING DLW;
- 6 - Fwd R twd LOD outside ptr trng RF,-, cont RF trn sd L, bk R to SDCR M FCING DRW;
- 7 - Trng LF sd & fwd L LOD,-, cont LF trn fwd & sd R raise joined lead hands & release ptr from trailing arm, fwd & across L (trng LF sd & bk R,-, cont LF trn fwd & sd L, fwd R cont trng LF under joined lead hands to fc M);
- s-- 8 - Taking W's R hand & placing it in your R hand trng slightly LF to fc ptr sd R twd LOD,-, draw L to R & touch to end fcng M FCING COH w/R handshake & L arms extended out to side,-;

PART A

1 - 4 UNDERARM TRN; OPEN BREAK; LADY UNDER L TO M's SHADOW &; LARIAT TO M's VARSOUVIENNE REVERSE;

- 1 - Sd L,-, bk R, rec L (sd R,-, fwd & across L trng RF under joined R hands, fwd R cont RF trn to fc M);
- 2 - Sd R,-, apart L extending L arm out to sd, rec R;
- 3 - Sd L leading W fwd to trn LF under joined R hands brushing R to L,-, sd R, XLIF of R (fwd R trn ½ LF under R handshake,-, sd L, taking M's L hand w/your L hand fwd R) to end in M's SHADOW POS FCING COH;
- 4 - Releasing R hands bk R leading W fwd around you as you comm to raise L hands,-, rec L trng ¼ LF under L hands & re-join R hands, cl R to L raising R hands (curving RF around M fwd L twd RLOD,-, fwd R twd DRC, trng RF sd L twd COH) to end in momentary M's VARSOUVIENNE POS FCING RLOD;

5 - 8 DOUBLE HAND OUTSIDE ROLL; BACK BREAK w/HEAD LOOPS; SHOULDER TUCK & SPIN; FWD BREAK HANDS LOW;

- 5 - Lowering L hands & lifting R hands over M's head high fwd L shaping L to ptr,-, fwd R taking R hands over W's head & lowering them as you comm to raise L hands, fwd L raising L hands over W's head (fwd R comm RF trn,-, sd & bk L trng RF under joined R hands, fwd R cont RF trn under joined L hands)
- 6 - Trng LF sd R taking L hands over M's head to rest on M's L shoulder & release,-, XLIB of R taking R hands over W's head to rest on W's R shoulder, extend L arm out to sd rec R to end mod ½ OPEN POS FCING LOD R hands joined w/M' s R arm over the top of W's L arm;
- 7 - Fwd L leading W slightly in front w/LF trn,-, fwd R w/R hand lead W to spin RF & release her, fwd L (fwd & across R trng slightly LF in front of M,-, fwd L LOD free spin RF 1 full turn, fwd R trn ½ RF to fc M);
- 8 - Joining both hands low fwd R,-, fwd L flexing knee slightly, rec R (bk L,-, bk R flexing knee slightly, rec L);

9 - 12 HOLD LADY WRAP & RUN 2; TRN R & BREAK; SWEETHEART SWITCH; TRN R & BREAK;

- QQ 9 - Leaving L foot pointing fwd twd LOD hold & lead W to trn LF under joined lead hands,-, fwd & sd L, fwd & across R (fwd R trn sharply 3/8 LF under joined lead hands to wrap pos leaving L foot pointing twd LOD,-, fwd & sd L, fwd & across R) to WRAP POS FCING DLW;
- (SQQ) 10 - Fwd & sd L LOD trn ¼ RF,-, XRIB of L, rec L to end in LEFT WRAP POS FCING DRW;
- 11 - Fwd R twd DRW trn sharply ½ LF to wrap pos fcng DLC,-, cont LF trn small sd L twd RLOD leading W to step further sd, cont LF trn small fwd & across R completing ¾ LF trn allowing W in front of you to end having changed sides in WRAP POS FCING DRC;
- 12 - Fwd & sd L RLOD trn ¼ RF,-, XRIB of L, rec L to end in LEFT WRAP POS FCING DLC;

13-16 FWD 3 LADY ACROSS TO VARSOUV: HOLD LADY TRN R & BREAK; LADY FREE DOUBLE ROLL L; (CLOSING UP) BASIC ENDING PICKING UP;

- 13 - Fwd R leading W in front comm to raise both hands in momentary TANDEM POS LOD,-, sd & fwd L cont to raise hands & change hands to end with L to L and R to R, fwd R (sd & fwd R in front of M,-, fwd L, fwd R) to end in momentary W's VARSOUVIENNE POS FCING LOD;
- qq (sqq) 14 - Leaving L foot pointing bk twd RLOD hold & release joined L hands leading W fwd to trn RF to handshake,-, bk L, rec R (fwd L trng ½ RF,-, bk R, rec L) to end offset fcng with a handshake M FCING LOD;
- 15 - Trng RF fwd & sd L checking leading W to roll L & release handshake,-, trng slightly RF rec R, XLIF of R (fwd R releasing R handshake, spiral 7/8 LF, cont LF trn fwd L twd RLOD, fwd R trn ¾ LF to fc M);
- 16 - Trng slightly LF sd R blending to CP WALL,-, XLIB of R, rec R leading W in front (sd L, XRIB of L, rec L comm LF trn in front of M);

PART B

1 - 4 START TRIPLE TRAVELER;; HORSESHOE TURN ENDING TO; RONDE OPEN VINE;

- 1 - Trng LF sd & fwd L LOD,-, cont LF trn fwd & sd R raise joined lead hands & release ptr from trailing arm, fwd & across L (trng LF sd & bk R,-, cont LF trn fwd & sd L, fwd R cont trng LF under joined lead hands to fc M);
- 2 - Fwd & sd R, spiral 7/8 LF under joined lead hands, fwd L comm to bring lead hands down, fwd R cont to sweep lead hands down & back (fwd & sd L shaping RF to M,-, fwd & across R, fwd & sd L);
- 3 - Raising joined lead hands behind you fwd L twd LOD toeing in & shaping to ptr,-, curve walk fwd R twd COH allowing W to pass inside under joined lead hands, fwd L twd RLOD;
- 4 - Fwd R RLOD trng ½ LF releasing lead hands to join trailing hands as you ronde L ft CCW (R ft CW) to brief OPEN POS FCING LOD,-, bk L, trng RF sd & fwd R releasing trailing hands;

5 - 8 w/OUTSD ROLL TO BFLY: BASIC ENDING; BOTH UNDERARM TO; ½ OPEN LUNGE BASIC;

- 5 - Cont LF trn joining lead hands low fwd & across L,-, raising joined lead hands to lead W under RF sd & fwd R, fwd & across L (fwd & across R,-, fwd & sd L trng RF under joined lead hands, fwd R cont RF trn to fc M);
- 6 - Trng slightly LF sd R joining both hands,-, XLIB of R, rec R to BFLY POS FCING WALL;
- 7 - Sd L,-, taking trailing arm thru to LOD fwd & across R trng LF under joined lead hands, rec L cont LF trn;
- 8 - Cont LF trn sd R flexing knee as you scoop ptr up w/R arm to V-shape ½ OPEN POS FCING LOD,-, rec L, fwd & across R comm RF trn;

9 - 12 2 SWITCHES;; M IN FRONT TO BK TRAVELING X-CHASSE; LADY PASS BY;

- 9 - Fwd L DLW changing sides & sharply trng RF scooping ptr up w/L arm,-, fwd & sd R, fwd & across L (fwd R,-, fwd & sd L, fwd & across R) to end in V-SHAPE LEFT ½ OPEN POS FCING LOD;
- 10 - Fwd R leading W across & scooping ptr up w/R arm,-, fwd L & sd, fwd & across R (fwd L DLW changing sides & sharply trng RF,-, fwd & sd R, fwd & across L) to end in V-SHAPE ½ OPEN POS FCING LOD;
- 11 - Fwd & across L in front of W trng RF to fc ptr & join both hands low,-, cont slight RF trn sd & bk R twd DLC, XLIF of R (fwd R,-, trng slightly RF sd & fwd L twd DLC, XRIF of L) to end FCING M FCING DRC;
- 12 - Trng LF small bk R LOD leading W to pass by,-, cont LF trn sd & fwd L, XRIF of L (trng LF fwd L LOD,-, fwd & sd R cont LF trn, XLIF of R) to end FCING M FCING DLW hands still joined low;

13-16 TRAVELING X-CHASSE TWICE BLEND TO SEMI LOD;; SD PROM SWAY CHG TO LADIES SLOW DEVELOPE;;

- 13 - Trng LF fwd L LOD,-, cont LF trn sd & fwd R twd DLW, XLIF of R (trng LF bk R LOD,-, cont LF trn sd & bk L twd DLW, XRIF of L) to end FCING M FCING DLC;
- 14 - Trng RF fwd R LOD,-, cont RF trn sd & fwd L LOD comm to raise joined lead hands, fwd & across R (trng RF bk L LOD,-, cont RF trn sd & fwd R LOD, fwd & across L) to end SCP LOD;
- s-- 15 - Sd & fwd L lift body upward & stretch R side to look over joined lead hands to SCP LOD,-, relax L knee keeping R leg extended with slight LF upper body rotation stretch L sd swiveling W's R ft to CP look twd & over W (head well to L) now in CP DLW,-;
- 16 - Rise straightening L leg encouraging W's developpe over meas (rise straightening R leg as you lift L foot up to inside of R knee,-, continue lifting L knee & kick L foot fwd outsd M's R leg twd DRC);

17-20 FALLAWAY RONDE & BREAK TO; SLOW PIVOT 2 INTO; TRAVELING R TRN; w/ZIG ZAG;

- 17 - Sd & bk R trng upper body RF leading W to ronde as you ronde L ft CCW,-, XLIB of R, rec R comm RF trn (sd & fwd L trng RF on L as you ronde R ft CW,-, bk R, rec L) to SCP LOD;
- ss 18 - Cont RF trn sd & bk L to CP pivot ½ RF to fc LOD,-, fwd R between ptr's feet pivot 3/8 RF to CP DRW,-;
- 19 - Cont RF trn sd & bk L to CP RLOD,-, XRIB of L pressure wgt, twist trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L (fwd R LOD between M's feet,-, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checking) to end CONTRA BJO M FCING DLW;
- 20 - Fwd R twd LOD outsd ptr trng RF,-, cont RF trn sd L, bk R to SDCR M FCING DRW;

21-22 L TRN INSIDE ROLL TO *HANDSHAKE (*2nd time to BUTTERFLY): SIDE DRAW TCH:

- 21 - Trng LF sd & fwd L LOD,-, cont LF trn fwd & sd R raise joined lead hands & release ptr from trailing arm, fwd & across L (trng LF sd & bk R,-, cont LF trn fwd & sd L, fwd R cont trng LF under joined lead hands to fc M);
- s-- 22 - Taking W's R hand & placing it in your R hand trng slightly LF to fc ptr sd R twd LOD,-, draw L to R & touch to end fcng M FCING COH w/R handshake,-;
- NOTE:** *2nd time join trailing hands so that measure 22 ends in BUTTERFLY M FCING COH for the Ending.

PART APART BENDING1 - 4 TRAILING HANDS UNDERARM TRN; SD HOLD w/M's SLOW HEAD LOOP; LADY CARESS; OPEN BASICS:

- 1 - Sd L releasing lead hands,-, bk R leading W under trailing hand, rec L sweeping trailing hand down (sd R,-, fwd & across L trng RF under joined trailing hands, fwd R cont RF trn to fc M);
- s-- 2 - Sd R sweeping trailing hand back up,-, hold and take trailing hands over M's head to rest on his upper back,-;
- 3 - Hold thru measure leaving L arm extended out to sd (sweep R arm up & down to caress M's L side of face);
- 4 - Sd L trng slightly RF releasing trailing hands & scooping ptr up w/L arm to brief V-shape LEFT ½ OPEN POS FCING LOD,-, XRIB of L, rec L;
- NOTE:** This side step is right after the word "by" and just before "you".

5 - 8 FINISH OPEN BASICS; (TO REV) TRAVELING R TRN; w/ZIG ZAG; L TRN INSIDE ROLL;

- 5 - Trng LF sd R release ptr from lead arm & scooping ptr up w/R arm to brief V-shape ½ OPEN POS FCING RLOD,-, XLIB of R, rec R comm RF trn;
- 6 - Cont RF trn crossing in front of W sd & bk L to CP LOD,-, XRIB of L pressure wgt, twist trn 5/8 RF on both feet to fc DRC & shift full wgt bk to L (fwd R RLOD between M's feet,-, cont RF trn around M fwd L twd COH, fwd R twd LOD checking) to end CONTRA BJO M FCING DRC;
- 7 - Fwd R twd RLOD outsd ptr trng RF,-, cont RF trn sd L, bk R to SDCR M FCING DLC;
- 8 - Trng LF sd & fwd L RLOD,-, cont LF trn fwd & sd R raise joined lead hands & release ptr from trailing arm, fwd & across L (trng LF sd & bk R,-, cont LF trn fwd & sd L, fwd R cont trng LF under joined lead hands to fc M);

9 - 14 BASIC ENDING: PUSH AWAY SPOT TRN (SLIGHT PAUSE): TOGETHER HOLD & LOOK;;;;

- 9 - Trng slightly LF sd R blending to CP,-, XLIB of R, rec R to CP FCING WALL;
- 10 - Pushing off joined lead hands & trng LF sd & fwd L twd COH,-, fwd R twd COH trng LF, rec L cont LF trn (push off joined lead hands & trng RF sd & fwd R twd WALL,-, fwd L twd WALL trng RF, rec R cont RF trn) to end FCING M FCING WALL;
- NOTE:** Music retards slightly in this measure.
- s-- 11 - Slight pause before stepping fwd R on last note of music twd ptr & WALL leaving L ft pointed bk twd COH & joining both hands low look at ptr (fwd L leaving R ft pointed bk twd WALL & joining both hands low look at ptr);
- 12-14 - Hold as music continues to fade;;;;

NOTE: Timing is standard SQQ unless noted by side of measure and is reflective of actual weight changes.