

IN THIS LIFE IV

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RELEASED: November, 2014
MUSIC: In This Life, 16 Biggest Hits, Colin Raye, available as download from iTunes
slow 6-7%, or as desired
RHYTHM: Slow Two Step
PHASE: PH IV+2 (triple traveler & change of sway) +1 (the square) average difficulty
FOOTWORK: Opposite, unless otherwise noted (W's footwork in parentheses)
SEQUENCE: INTRO A B INTERLUDE 1 A B INTERLUDE 2 ENDING

INTRODUCTION

- 1-4 **CUDDLE POSITION WALL WAIT:: OPEN BASICS PICKING UP LOW BFLY LOD::**
1-2 *wait* Cuddle position fcg WALL wait;;
3-4 *{2 open basics}* } Sd L, -, trng to left ½ OP brk bk R, rec L to cuddle pos; Sd R, -, trng to ½ OP brk bk L, rec R leading lady to PU lo BFLY (;
5-8 **TRAVELING CROSS CHASSES 4 TO FC WALL:::**
5-8 *{4 traveling x chasses}* W/ hnds at waist level elbows in fwd L trng slightly LF, -, sd & fwd R, XLIF (W bk R slight LF trn, -, bk & sd L, XRIF); Trng RF fwd R, -, sd & fwd L, XRIF (W bk L trng RF, -, bk & sd R, XLIF); Fwd L trng slightly LF, -, sd & fwd R, XLIF (W bk R slight LF trn, -, bk & sd L, XRIF); Trng RF fwd R, -, sd & fwd L to fc WALL, XRIF (W bk L trng RF, -, bk & sd R, XLIF);

PART A

- 1-4 **BASIC:: LEFT TURN INSIDE ROLL: BASIC ENDING**
1-2 *{basics}* Sd L blending to loose CP, -, XRIB, rec L; Sd R, -, XLIB, rec R preparing to fold lady IF;
3 *{left trn inside roll}* Fwd L trng LF to fc COH, -, sd R, XLIF (bk R trng LF ¼, -, sd L trng LF und lead arms, sd R cont trng LF to fc ptr);
4 *{basic ending}* Sd R, -, XLIB, rec R (Sd L, -, XRIB, rec L);
5-8 **LUNGE BASIC; LADY LARIAT; OUTSIDE ROLL; BASIC ENDING;**
5 *{lunge basic}* Sd L, -, rec R, XLIF (XRIF);
6 *{lady lariat}* Sd R shaping to lady & leading her to lariat, -, rec L, rec R trng LF to fc RLOD (W sd L to M's R sd, -, fwd R crossing beh M, fwd L);
7 *{outside roll}*); Fwd L bringing hnds down & bk, -, fwd R bringing hnds up & around leading W to roll RF, fwd L (W fwd R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwd R);
8 *{basic ending}* Sd R blending to loose CP, -, XLIB, rec R (Sd L, -, XRIB, rec L);
9-12 **OPEN BASICS:: SWITCHES::**
9-10 *{open basics}* Sd L, -, trng to left ½ OP brk bk R, rec L to cuddle pos; Sd R, -, trng to ½ OP brk bk L, rec R preparing to fold across lady;
11-12 *{switches}* Sd & Bk L crossing IF of W, -, cont trn sd & fwd R, fwd L toeing twd ptr to L 1/2 OP (W fwd R betw M's feet, -, fwd L, fwd R preparing to XIF of M); Fwd R betw W's feet, -, fwd L, fwd R (W crossing IF of M sd & bk L, -, cont trng sd & fwd R to ½ OP, fwd L toeing twd ptr to 1/2 OP);
13-16 **SIDE BASIC; BASIC ENDING & WRAP LADY; FORWARD RUN 2; PICKUP & RUN 2 TO LOOSE CP;**
13 *{side basic}* Sd L, -,XRIB, rec L;
14 *{basic ending & wrap}* Sd R, -, XLIB leading W to trn LF, rec R trng to fc LOD (Sd L, -, XRIF trng LF, rec L to fc LOD);
15 *{fwd run 2}* Fwd L, -, fwd R, fwd L;
16 *{pickup run2}* Fwd R leading W to PU, fwd L, fwd R to CP (Fwd L folding IF of M, -, bk R, bk L);

PART B

- 1-4 **TRIPLE TRAVELER LOD::: BASIC ENDING;**
1-3 *{triple traveler}*; Raising lead hnd fwd L trng LF to fc COH, -, sd R, XLIF (W bk R trng LF ¼ -, sd L trng LF und lead hnds, sd R cont trng LF to fc ptr); Fwd R spiral LF und jnd hnds, -, lowering hnds fwd L, R (W trn fc LOD fwd L, -, fwd R, fwd L); Fwd L bringing hnds down & bk, -, sd & fwd R bringing hnds up around leading W to roll RF, XLIF (W fwd R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwd R);
4 *{basic ending}* Sd R blending to loose CP, -, XLIB of R, rec R (Sd L to fc ptr, -, XRIB, rec L);

PART B (CONT)

- 5-8 UNDERARM TURN; OPEN BREAK; CHANGE SIDES UNDERARM; BFLY LUNGE BASIC:
 5 {undarm trn} Sd L, -, XRIB of L, rec L (Sd R comm to trn RF under ld arms, -, XLIF trng to fc RLOD, fwd R comm to fc M);
 6 {op brk} Sd R, -, apt L, rec R;
 7 {chg sds} Leading W to trn LF und join hnds fwd L trng LF to fc DLW, -, sd R to fc WALL, XLIF (W fwd R trning LF und joined hnds to momentarily fc DLC, -, sd L to fc ptr & COH, XRIF to BFLY);
 8 {lunge basic} Sd R, -, rec L, XRIF (XLIF);
- 9-12 SOLO TURN SIX;; PATTY CAKE TWISTY BASICS;;
 9-10 {solo trn 6} Fwd L trng slightly LF, -, sd R cont trng to fc RLOD, cl L (Fwd R trng slightly RF, -, sd L cont trng to fc RLOD, cl R); Bk R cont trng LF, -, sd L, cl R to BFLY WALL (Bk L, -, sd R trng RF, cl L to fc ptr);
 11-12 {patty cake twisty basics} Sd L, -, XRIB tching L hnds at sh height, rec L; Sd R, -, XLIB tching R hnds at sh height, rec R;
- 13-16 RIGHT HAND UNDERARM TURN; OPEN BREAK TO STACKED HANDS ; SUNBURST;
OPEN BASIC TO;
 13 {R hnd undarm trn} Loosely joining R hnds sd L, -, XRIB leading W to trn RF, rec L (Sd R, -, thru L trng RF to fc RLOD, fwd R comm to fc M);
 14 {op brk to stkd hnds} Sd R joining L hnds underneath, -, rk apt L, rec R;
 15 {side to sunburst} Sd & fwd L raising hnds straight up & releasing hnds (Fwd R), -, in a semi-circular arc lower hnds to shoulder height, -;
 16 {open basic} Sd R, -, trng to ½ OP brk bk L, rec R preparing to fold across lady;

INTERLUDE 1

- 1-6 THE SQUARE;;; LUNGE BASICS;;
 1-4 {the square} Like a switch sd L crossing IF of W, -, trng RF sd R twd COH in L ½ OP, XLIF of R (W fwd R, -, sd L twd COH, XRIF of L starting to XIF of M); Fwd R, -, sd L twd RLOD, XRIF of L starting to XIF of W (W like a switch sd L crossing IF of M, -, trng RF sd R twd RLOD in ½ OP, XLIF of R); Like a switch sd L crossing IF of W, -, trng RF sd R twd WALL in L ½ OP, XLIF of R (W fwd R, -, sd L twd WALL, XRIF of L starting to XIF of M); Fwd R, -, sd L twd LOD, XRIF of L (W like a switch sd L crossing IF of M, -, trng RF sd R twd LOD in ½ OP, XLIF of R);
 5-6 {lunge basics} Sd L, -, rec R, XLIF (XRIF); Sd R, -, rec L, XRIF (XLIF);

REPEAT AREPEAT BINTERLUDE 2

- 1-6 THE SQUARE;;; SIDE BASIC; OPEN BREAK TO HANDSHAKE;
 1-4 {the square} Repeat meas. 1-4 or Interlude 1
 5 {side basic} Sd L, -, XRIB, rec L;
 6 {open break to hndshk} Sd R joining R hnds, -, rk apt L, rec R;

ENDING

- 1-4 RIGHT HAND UNDERARM TURN; OPEN BREAK TO STACKED HANDS; SUNBURST;
OPEN BASIC PICKING UP LOW BFLY LOD;
 1-4 Repeat meas. 13-16 Part B but ending a PU;;;;
- 5-8 4 TRAVELING CROSS CHASSES TO FACE WALL;;;
 5-8 {4 traveling X chasses} Repeat meas. 5-8 Part A;;;;
- 9-11 SIDE DRAW CLOSE; SLOW PROMENADE SWAY; CHANGE OF SWAY;
 9 {sd dr cl} Sd L, -, dr R, cl R;
 10-11 {slow prom sway & chg sway} Sd & fwd L to SCP stretching L sd to look LOD over lead hnds, -, relax L knee & lower leaving R leg extended, -; Slowly rotate LF w/ L side stretch chnging lady's head to L, -, & hold, -;