IN THIS LIFE IV

CHOREO: Karen and Ed Gloodt, 300 Beaumont, Ardmore, OK 73401
Email: egloodt@netscape.net  580-226-0445  website: gloodts-letsdance.com

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;;
1-4  {wait} Cuddle position fcs WALL wait;;
3-4  {open basics} Sd L, -, trng to left ½ OP brk bk R, rec L to cuddle pos; Sd R, -, trning to ½ OP brk bk L, rec R leading lady to PU to 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, Xrif (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, XRIF); Fwd L trng slightly LF, -, sd & fwd R, Xrif (W bk R slight LF trn, -, bk & sd L, XRIF); Trng RF fwb R, -, sd & fwb L to fc WALL, XRIF (W bk L trng RF, -, bk & sd R, XRIF);

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 & XLIB LF (bk R trng LF ½, -, sd L trng LF und lead arms, sd R cont trng LF to fc ptr);
4  {basic ending} Sd R, -, XRIB, rec R (Sd L, -, XRIB, rec L);
5-8  LUNGE BASIC;; LADY LARIAT;; OUTSIDE ROLL;; BASIC ENDING;
5  {lunge basic} Sd L, -, XLIB, rec L;
6  {lady lariat} Sd R shaping to lady & leading her to lariat, -, rec L, rec R trng LF to fc Rloid (W sd L to M's R sd, -, fwb R crossing beh M, fwb L);
7  {outside roll} ; Fwd L bringing hnds down & bk, -, fwb R bringing hnds up & around leading W to roll RF, fwb L (W fwb R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwb R);
8  {basic ending} Sd R blending to loose CP, -, XRIB, 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, -, trning 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 & fwb R, fwb L tooing twd ptr to L ½ OP (W fwb R betw M's feet, -, fwb L, fwb R preparing to Xrif of M); Fwb R betw W's feet, -, fwb L, fwb R (W crossing IF of M sd & bk L, -, cont trng sd & fwb R to ½ OP, fwb L tooing 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  {fwb run 2} Fwb L, -, fwb R, fwb L;
16  {pickup run2} Fwb R leading W to PU, fwb L, fwb R to CP (Fwb 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 fwb L trng LF to fc COH, -, sd R, XLIB (W bk R trng LF ½ -, sd L trng LF und lead hnds, sd R cont trng LF to fc ptr); Fwb R spiral LF und jnd hnds, -, lowering hnds fwb L, R (W trn fc LOD fwb L, -, fwb R, fwb L); Fwb L bringing hnds down & bk, -, sd & fwb R bringing hnds up around leading W to roll RF, XLIB (W fwb R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwb R);
4  {basic ending} Sd R blending to loose CP, -, XRIB of R, rec R (Sd L to fc ptr, -, XRIB, rec L);
IN THIS LIFE IV

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, -, XLIF 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 L joining R 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 A

REPEAT B

INTERLUDE 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 [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 chging lady’s head to L, -, & hold, -;