

# This Life

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Choreographers: Dale & Leslie Simpson, 721 N. Sergeant, Joplin, MO 64801 417-782-3733, [d1226simpson@yahoo.com](mailto:d1226simpson@yahoo.com)  
Music: "This Life" by MercyMe. CD: **The Generous Mr. Lovewell**. Columbia/INO. Track 1. Also available .mp3 at Amazon & iTunes.  
**Time:** 3:34 @ 100% speed  
**Footwork:** Opposite (Woman's footwork opposite, except as noted in parentheses)  
**Rhythm/Phase:** Two Step II / Foxtrot III + 1 (Diamond Turn)  
**Degree of difficulty:** AVG  
**Sequence:** INTRO – A – BRIDGE – B – A [1-8] – BRIDGE – B – C – D – B – C – C [1-4] – END

## INTRO [2-Step]

- 1-8 [CP WALL] WAIT ; ; FORWARD BOX ; ; DOOR TWICE ; ; VINE 3 & TOUCH ; VINE 3 & TOUCH RLOD TO SCP ;  
1-2 **Wait** ; ;  
3-6 {**Forward Box**} Sd L, cl R, fwd L, -; sd R, cl L, bk R, -; {**Door 2X**} Sd L, rec R, XLif, -; sd R, rec L, XRif, -;  
7-8 {**Vine 3 & Touch**} Sd L, XRib, sd L, tch R to L ; {**Vine 3 & Touch**} To RLOD Sd R, XLib, sd R, tch L to R to SCP ;

## PART A

- 1-16 TWO 2-STEPS LOD ; ; CIRCLE AWAY & TOGETHER TO BFLY ; ; FACE TO FACE & BACK TO BACK ; ; BASKETBALL TURN ; ; THRU SCISSORS TWICE TO OP LOD ; ; FORWARD LOCK FORWARD TWICE BLEND TO SCP ; ; TWO TURNING 2-STEPS ; ; VINE APART & TOGETHER TO SCP ; ;  
1-4 {**Two 2-Steps**} In SCP fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -; {**Circle Away & Together**} Trng LF (W RF) in 1/2 circle pattern Fwd L, cl R, fwd L, - ; cont Trng LF (W RF) in 1/2 circle pattern Fwd R, cl L, fwd R, to BFLY- ;  
5-8 {**Fc to Fc & Bk to Bk**} Sd L, Cl R, Sd L trng 1/2 LF (W RF) to bk-bk pos, - ; Sd R, Cl L, Sd R trng 1/2 RF (W LF), - ; {**Basketball Turn**} Sd L, -, Rec R trng 1/4 RF (W LF), -; Thru L trng 1/4 RF (W LF), - , Rec R trng 1/2 RF (W LF), -;  
9-12 {**Thru Scissors 2X**} Sd L, cl R, XLif, -; sd R, cl L, XRif, to OP LOD -; {**Forward Lock Forward 2X**} Fwd L, lk Rib, fwd L, -; fwd R, lk Lib, fwd R, blend to SCP -;  
13-16 {**Two Turning 2-Steps**} Sd L, cl R commence RF turn, sd and bk L across Line of Progression complete 1/2 RF turn, -; sd R, cl L commence RF turn, forward R complete 1/2 RF turn, to SCP -; {**Vine Apart & Together**} Sd L, XRib, sd L, -; sd R, XLib, sd R, to SCP -;

## BRIDGE

- 1-4 WALK & PICK UP ; TWO 2-STEPS ; ; WALK 2 ;  
1 {**Walk & Pick Up**} Fwd L, -, fwd R, (*W fwd R turning 1/2 LF across man, -, bk L*) to CP LOD -;  
2-3 {**Two 2-Steps**} Fwd L, fwd R, fwd L, -; fwd R, fwd L, fwd R, -;  
4 {**Walk 2**} Fwd L, -, fwd R, -;

## PART B [Foxtrot]

- 1-8 DIAMOND TURN TO LOD ; ; ; PROGRESSIVE BOX ; ; TWO LEFT TURNS TO SCP WALL ; ;  
1-4 {**Diamond Turn**} Fwd L twd DLC, -, fwd & sd R, bk L twd DLW; bk R, -, bk & sd L, fwd R twd DLW; fwd L twd DRW, -, fwd & sd R, bk L twd DRC; bk R, -, bk & sd L, fwd R twd DLC;  
5-8 {**Progressive Box**} Fwd L, -, sd R, cl L ; fwd R, -, sd L, cl R ; {**Two Left Turns**} Fwd L start LF trn, -, sd & bk R cont LF trn, cl L ; bk R start LF trn, -, sd & bk L cont LF trn, cl R ;

## REPEAT PART A [1-8]

## REPEAT BRIDGE

## REPEAT PART B

## PART C [Foxtrot]

### 1-8 WHISK ; MANUEVER ; SPIN TURN ; BOX FINISH ; FORWARD RUN 2 TWICE ; ; TWO LEFT TURNS TO WALL ; ;

- 1-4 {**Whisk**} Fwd L, -, fwd & sd R rise, XLib ; {**Maneuver**} Commence RF turn fwd R, -, cont RF turn to face partner sd L, complete turn cl R (*W Fwd L, -, sd R, cl L*) ; {**Spin Turn**} Bk L turning RF, -, fwd/rise R, bk L ; {**Box Finish**} Bk R, -, sd L, cls R ;
- 5-8 {**Forward Run Two 2X**} Fwd L, -, fwd R, fwd L ; Fwd R, -, fwd L, fwd R ; {**Two Left Turns**} Fwd L trng LF, -, sd R, cls L ; bk R trng LF, -, sd L, cls R to Bfly WALL;

## PART D [2-Step]

### 1-13 TRAVELING BOX ; ; ; ; VINE 3 & TOUCH ; WRAP 3 & TOUCH ; UNWRAP 3 & TOUCH ; CHANGE SIDES 3 & TOUCH ; VINE 3 & TOUCH ; WRAP 3 & TOUCH ; UNWRAP 3 & TOUCH ; CHANGE SIDES 3 & TOUCH ; WALK & PICK UP ;

- 1-4 {**Traveling Box**} Sd L, cl R, fwd L trng to RSCP/RL0D, -, -, fwd R, -, -, fwd L blend to CP, -, -, sd R, cl L, bk R, blend to SCP/LOD ; fwd L, -, -, fwd R, to BFLY - ;
- 5-8 {**Vine 3 & Tch**} Sd L, XRib, sd L, tch R to L ; {**Wrap 3 & Tch**} Sd R, XLib, sd R, tch L to R (*W trng LF L, R, L keeping both hnds joined & raised over W's head then bringing them back down to waist level*) ; {**Unwrap 3 & Tch**} Rel W's R hnd & in plc L, R, L, tch L to R (*W unwraps RF R, L, R, tch R to L*) keeping trailing hnds joined ; {**Chg Sds 3 & Tch**} comm towards Wall trng RF fwd R, cl L, fwd R comp RF trn to fc ptr (*W does LF twirl under trail hands L, R, L*) ending Bfly COH ;
- 9-12 Repeat 5-8 ending Bfly WALL
- 13 {**Walk & Pick Up**} Fwd L, -, fwd R, (*W fwd R turning 1/2 LF across man, -, bk L*) to CP LOD - ;

## REPEAT PART B

## REPEAT PART C

## REPEAT PART C [1-4]

## END

### 1-8 DIAMOND TURN ; ; ; ; FORWARD & RUN 2 TWICE ; ; TWO LEFT TURNS ; ; APART

- 1-4 {**Diamond Turn**} Fwd L twd DLC, -, fwd & sd R, bk L twd DLW; bk R, -, bk & sd L, fwd R twd DLW; fwd L twd DRW, -, fwd & sd R, bk L twd DRC; bk R, -, bk & sd L, fwd R twd DLC;
- 5-8 {**Forward Run Two 2X**} Fwd L, -, fwd R, fwd L ; Fwd R, -, fwd L, fwd R ; {**Two Left Turns**} Fwd L start LF trn, -, sd & bk R cont LF trn, cl L ; bk R start LF trn, -, sd & bk L cont LF trn, cl R ; step apart

## HEAD CUES

## INTRO [2-Step]

- 1-8 WAIT ; ;  
FORWARD BOX ; ;  
DOOR TWICE ; ;  
VINE 3 LOD TOUCH ;  
VINE 3 RLOD TO SCP ;

## **PART A—16**

- 1-16 TWO 2-STEPS LOD ; ;  
CIRCLE AWAY & TOGETHER TO BFLY ; ;  
FACE TO FACE & BACK TO BACK ; ;  
BASKETBALL TURN ; ;  
THRU SCISSORS TWICE TO OP LOD ; ;  
FORWARD LOCK FORWARD TWICE BLEND TO SCP ; ;  
TWO TURNING 2-STEPS ; ;  
VINE APART & TOGETHER TO SCP ; ;

## **BRIDGE**

- 1-4 WALK & PICK UP ;  
TWO 2-STEPS ; ;  
WALK 2 ;

## **PART B [Foxtrot]**

- 1-8 DIAMOND TURN TO LOD ; ; ; ;  
PROGRESSIVE BOX ; ;  
TWO LEFT TURNS TO SCP WALL ; ;

## **REPEAT PART A 1-8**

- 1-8 TWO 2-STEPS LOD ; ;  
CIRCLE AWAY & TOGETHER TO BFLY ; ;  
FACE TO FACE & BACK TO BACK ; ;  
BASKETBALL TURN ; ;

## **REPEAT BRIDGE**

- 1-4 WALK & PICK UP ;  
TWO 2-STEPS ; ;  
WALK 2 ;

## **REPEAT PART B**

- 1-8 DIAMOND TURN TO LOD ; ; ; ;  
PROGRESSIVE BOX ; ;  
TWO LEFT TURNS TO SCP WALL ; ;

## **PART C [Foxtrot]**

- 1-8 WHISK ;  
MANUEVER ;  
SPIN TURN ;  
BOX FINISH ;  
FORWARD RUN 2 TWICE ; ;  
TWO LEFT TURNS TO WALL ; ;

## **PART D [2-Step]**

- 1-13 TRAVELING BOX ; ; ; ;  
VINE 3 & TOUCH ;  
WRAP 3 & TOUCH ;  
UNWRAP 3 & TOUCH ;  
CHANGE SIDES 3 & TOUCH ;  
VINE 3 & TOUCH ;  
WRAP 3 & TOUCH ;  
UNWRAP 3 & TOUCH ;  
CHANGE SIDES 3 & TOUCH ;  
WALK & PICK UP ;

**REPEAT PART B**

1-8 DIAMOND TURN TO LOD ; ; ; ;  
PROGRESSIVE BOX ; ;  
TWO LEFT TURNS TO SCP WALL ; ;

**REPEAT PART C**

1-8 WHISK ;  
MANUEVER ;  
SPIN TURN ;  
BOX FINISH ;  
FORWARD RUN 2 TWICE ; ;  
TWO LEFT TURNS TO WALL ; ;

**REPEAT PART C [1-4]**

1-4 WHISK ;  
MANUEVER ;  
SPIN TURN ;  
BOX FINISH ;

**END**

1-8 DIAMOND TURN ; ; ; ;  
FORWARD & RUN 2 TWICE ; ;  
TWO LEFT TURNS ; ; APT