# Trail In Life

**Count:** 32 **Wall:** 0 **Level:** Improver
**Choreographer:** Lorraine Turner (AUS) - 23 August 2021
**Music:** Trail in Life - Dean Brody

**Start On The Word "Moon"**

**SIDE ROCK CROSS ON RIGHT - SIDE ROCK CROSS ON LEFT - ½ TURN RIGHT - ¼ TURN LEFT**

| | |
|---|---|
| 1&2 | Step R to R side - Replace L - Cross R over L |
| 2&4 | Step L to L side - Replace R - Cross L over R |
| 5&6 | Step fwd on R - ½ Turn R - Step fwd on R |
| 7&8 | Step fwd on L - ¼ Turn L - Step fwd on L |

**FORWARD COASTER STEP - LEFT BACK LOCK - SWEEP RIGHT, BEHIND - STEP LEFT TO LEFT SIDE**

| | |
|---|---|
| 1&2 | Step fwd on R - Bring L to meet R Step back on R ( Forward Coaster Step) |
| 3&4 | Step back on L - Bring R back in front of L - Step back on L ( Back Lock) |
| 5&6,7 | Sweep R behind L - Step L to L side - Step R in front of L - Sweep L across R |
| &8 | Step R to R side - Step L behind R |

**STEP RIGHT A ¼ TURN RIGHT - STEP LEFT A ¼ TURN RIGHT - SHUFFLE FORWARD RIGHT, LEFT, RIGHT**
**STEP LEFT A ¼ TURN LEFT - STEP RIGHT A ¼ TURN LEFT - SHUFFLE FORWARD LEFT, RIGHT, LEFT**

| | |
|---|---|
| 1,2 | Step R a ¼ turn R - Step L a ¼ turn R |
| 3&4 | Step fwd on R - Bring L up behind R - Step fwd on R ( Shuffle Fwd R,L,R ) |
| 5,6 | Step L a ¼ turn L - Step R a ¼ turn L |
| 7&8 | Step fwd on L - Bring R up behind L - Step fwd on L ( Shuffle Fwd L,R,L ) |

**TAG: AFTER FINISHING WALL 2 ( FACING 6 O'CLOCK ), DO 2 HIP SWAYS**