

YOUR LIFE

Choreographers: Paul & Linda Robinson, 14471 South 4050 Road, Oologah, OK 74053, 918-371-4455, pldance@yahoo.com
Music: Special CD "Shall We Round Dance 13", "For Once In My Life"
"Michael Buble" 143 Records/Reprise 48376-2 Track # 4
Rhythm & Phase: Foxtrot, Phase III Released: November, 2009
Footwork: Directions for M, W normal opposite, exceptions in ()
Sequence: Introduction, A, Inter, A, A, B, END



INTRO

1-4 Wait ; Rock 2 ; Roll 3 To Line ; Roll 3 To Reverse ;

- 1 {Wait} BFLY FC Wall – Lead Feet Free – 1 Measure Wait ;
SS 2 {Rock 2} Sd L, -, Sd R, -;
QQS 3 {Roll 3 To Line} Sd fwd L to LOD trng LF away from partner (W RF), -, sd R LOD & spin LF, sd L to FC;
QQS 4 {Roll 3 To Reverse} Sd fwd R RLOD trng RF away from partner (W LF), -, sd L RLOD & spin RF, sd R to FC;

PART A

1-5 Hover ; Thru FC Close ; Twirl Vine 3 ; Pickup ; Forward Run 2 ;

- SQQ 1 {Hover} Fwd L, -, fwd & sd R slight hover action brush L to R, sd & fwd L to SCP;
SQQ 2 {Thru FC Close} Thru R (W XLIF) trng to fc ptr/Wall, -, sd L, cl R;
SQQ 3 {Twirl Vine 3} Sd L, -, XRIB, sd L to FC (Sd fwd R trng ½ RF, sd & bk L trng ½ RF, sd R);
SQQ 4 {Pickup} Small stp fwd R, -, sd L, cl R (W fwd L begin trng LF in frnt of M, -, fwd R completing LF trn, cl L) ending CP/LOD;
SQQ 5 {Forward Run 2} Fwd L, -, fwd R, fwd L;

6-10 Manuv ; Spin Turn ; Box Finish ; 2 Left Turns – FC Wall ;:

- SQQ 6 {Manuv} Fwd R trng RF 1/2, -, sd L, cl R CP/RLOD;
SQQ 7 {Spin Turn} Bk L pvt 1/2 RF, -, fwd R rising (W bk L/brush R), rec bk & sd L to fc DLW (W fwd R);
SQQ 8 {Box Finish} Bk R, -, sd L, cl R to DLC;
SQQ 9 {2 Left Turns} Fwd L commence LF upper body trn, -, continue LF trn sd & bk R, cl L to R;
SQQ 10 Bk R commence LF upper body trn, -, continue LF trn sd & fwd L, cl R ending CP / fc wall;

INTERLUDE

1-2 Full Box ;:

- SQQ 1 {Full Box} Fwd L, -, sd R, cl L;
SQQ 2 Bk R, -, sd L, cl R ;

PART B

1-4 Open Up – Step Kick 4 ;: Roll 3 Down Line To FC ; Rock 2 ;

- QQQQ 1 {Step Kick 4} Trn LF FC line fwd L, kck R fwd, fwd R, kck L fwd;
QQQQ 2 Fwd L, kck R fwd, fwd R, kck L fwd ;
QQS 3 {Roll 3} Fwd L to LOD trng LF away from partner (W RF), -, sd R LOD & spin LF, sd L to FC;
SS 4 {Rock 2} Sd R, -, Sd L, -;



5-8 Reverse Twirl 3 ; Both Thru Hover To Semi ; Thru Chasse ; Thru FC Close ;

- QQS 5 {Reverse Twirl 3} Sd fwd R to RLOD rsnng ld hds, -, fwd L XIF of R, fwd R bring ld hnds down (Sd fwd L to RLOD trng ½ LF, sd & bk R trng ½ LF, sd fwd L to RLOD);
- SQQ 6 {Thru Hover} Fwd L to RLOD, -, fwd R trng LF to FC slight hover action brush L to R, sd & fwd L to SCP (Fwd R thru to RLOD,-, fwd L trng RF to FC ptrn hover action brush R to L, sd & fwd R to SCP);
- SQ&Q 7 {Thru Chasse} Fwd R commence trng RF (Fwd L trng LF) to FC, -, sd L / cl R, sd L trng to SCP;
- SQQ 8 {Thru FC Close} Thru R (W XLIF) trng to fc ptr/Wall, -, sd L, cl R;

9-12 Open Up – Step Kick 4 ;; Roll 3 Down Line To FC ; Rock 2 ;

- QQQQ 9 {Step Kick 4} Trn LF FC line fwd L, kck R fwd, fwd R, kck L fwd;
- QQQQ 10 Fwd L, kck R fwd, fwd R, kck L fwd ;
- QQS 11 {Roll 3} Fwd L to LOD trng LF away from partner (W RF), -, sd R LOD & spin LF, sd L to FC;
- SS 12 {Rock 2} Sd R, -, Sd L, -:

13-16 Reverse Twirl 3 ; Both Thru Hover To Semi ; Thru Chasse ; Manuv ;

- QQS 13 {Reverse Twirl 3} Sd fwd R to RLOD, -, fwd L, fwd R bring ld hnds down low (Sd fwd L to RLOD trng ½ LF under jnd hnds, sd & bk R trng ½ LF, sd L);
- SQQ 14 {Thru Hover} Fwd L to RLOD, -, fwd R trng LF to FC slight hover action brush L to R, sd & fwd L to SCP (Fwd R thru to RLOD,-, fwd L trng RF to FC ptrn hover action brush R to L, sd & fwd R to SCP);
- SQ&Q 15 {Thru Chasse} Fwd R commence trng RF (Fwd L trng LF) to FC, -, sd L / cl R, sd L trng to SCP;
- SQQ 16 {Manuv} Fwd R trng RF 1/2, -, sd L, cl R CP/RLOD;

17-20 2 Right Turns – FC Wall ;; Twirl Vine 3 Checking; Reverse Twirl 3 ;

- SQQ 17 {2 Right Turns} Bk on L trng RF 3/8, -, sd R, cl L;
- SQQ 18 Fwd R trng RF 3/8, -, sd L, cl R to FC wall;
- QQS 19 {Twirl Vine 3} Sd L, -, XRIB, sd L to FC (Sd fwd R trng ½ RF, sd & bk L trng ½ RF, sd R);
- QQS 20 {Reverse Twirl 3} Sd fwd R to RLOD, -, fwd L, fwd R bring ld hnds down low blend to BFly (Sd fwd L to RLOD trng ½ LF under jnd hnds, sd & bk R trng ½ LF, sd L);

END

1 Point & Hold ;

- s 1 Point L to LOD (Point R to LOD) & hold ;

YOUR LIFE

INTRO

Phase III – Foxtrot - Robinson – BFLY FC Wall – Lead Feet Free – 1 Measure Wait ;
Rock 2 ; Roll 3 To Line ; Roll 3 To Reverse ;

PART A

Hover ; Thru FC Close ; Twirl Vine 3 ; Pickup ; Forward Run 2 ;
Manuv ; Spin Turn ; Box Finish ; 2 Left Turns – FC Wall ;;

INTERLUDE

Full Box ;;

PART A

Hover ; Thru FC Close ; Twirl Vine 3 ; Pickup ; Forward Run 2 ;
Manuv ; Spin Turn ; Box Finish ; 2 Left Turns – FC Wall ;;

PART A

Hover ; Thru FC Close ; Twirl Vine 3 ; Pickup ; Forward Run 2 ;
Manuv ; Spin Turn ; Box Finish ; 2 Left Turns – FC Wall ;;

PART B

Open Up – Step Kick 4 ;; Roll 3 Down Line To FC ; Rock 2 ;
Reverse Twirl 3 ; Both Thru Hover To Semi ; Thru Chasse ; Thru FC Close ;
Open Up – Step Kick 4 ;; Roll 3 Down Line To FC ; Rock 2 ;
Reverse Twirl 3 ; Both Thru Hover To Semi ; Thru Chasse ; Manuv ;
2 Right Turns – FC Wall ;; Twirl Vine 3 Checking ; Reverse Twirl 3 ;

END

Point & Hold ;