

LIFE IS BEAUTIFULL

Music : Sarah Breitner – Slow Down the Music w/ 5%

Rhythm : Slowfox

Phase : IV

Choreo : Jos.Dierickx – Beverlosestwg.14B2 – 3583 – Paal – Belgium

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Footwork : Opposite , except where noted.

Release Date : Mars 2012

SEQUENCE : AA* BC A*B* C(1-10) C* B END



INTRO

01-04 : WAIT 2 MEAS in BFLY WALL ; ; TWIRL/VINE 3 ; THRU FC CL ;

01-04 : **[Wait]** 2 Meas in Butterfly Position to the Wall ; ; **[Twirl/Vine 3]** Sd L LOD, -, XRIB, sd L (*W twirl RF*) ; **[Thru Fc Cl]** Thru R, -, sd L trng to fc prtn, cl R to CP DLW ;

PART A

01-04 : WHISK ; IN & OUT RUNS ; ; CHAIR & SLIP ;

01-04 : **[Whisk]** Fwd L, -, fwd & sd R stg rise to ball of ft, w/ slt RF trn XLIBR cont to full rise to ball of ft (*W bk R, -, bk & sd L stg to rise to ball of ft, w/ slt RF trn XRIBL cont to full rise to ball of ft*) to tight SCP LOD ; **[In & Out Runs]** Fwd R stg RF trn, -, sd & bk L DLW to mom CP, bk R w/ R sd ldg to BJO RLOD (*W fwd L, -, fwd R btw M's ft, fwd L*) ; **[Bk L trng RF leav R leg if, -, sd & fwd R heel to toe btw W's ft contg RF trn, fwd L (*W fwd R trng RF, -, fwd & sd L contg trn & brush R to L, fwd R*) to SCP DLC ; **[Chair & Slip]** Thru R, -, rec L [no rise], w/ slight LF upper bdy trn slp R bhd L cont trn (*W thru L, -, rec R [no rise], swvl LF on R & stp fwd L outsd M's R ft to CP*) to CP DLC ;**

05-08 : REVERSE WAVE ; ; OP IMPETUS ; SLOW SD LOCK ;

05-08 : **[Reverse Wave]** Fwd L starting left face body trn up to 3/8, -, sd R line of progression, bk L (*W Bk R starting left face body turn up to 3/8, -, cls L to R [heel turn], fwd R*) to diag RLC ; **[Bk R line of progression, -, bk L, bk R curving left face to end facing reverse line of progression (*W Fwd L, -, fwd R, fwd L curving to end facing line of progression*) ; **[OP Impetus]** Bk L w/ RF bdy trn, -, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd ptrt pvtg RF, -, sd & fwd L contg RF trn arnd M, brush R to L & fwd R*) to SCP DLC ; **[Slow Sd Lck]** Thru R, -, sm sd & fwd L, cl R (*W thru L trng LF, -, foldg in frt of M sd R, lck LIFR*) to CP DLC ;**

09-13 : OP TELEMARQUE ; HOVER FALLAWAY ; SLIP PIVOT ; MANUEVER ; OVER SPIN TURN ; | *

09-13 : **[OP Telemarque]** Fwd L stg LF trn, -, sd R contg LF trn, sd & slightly fwd L (*W bk R stg LF trn, -, cl L [heel trn] contg LF trn, sd & slightly fwd R*) to SCP DLW ; **[Hov.Fallaway]** Fwd R, -, fwd L rise to ball of ft checking, rec bk R ; **[Slip Pivot]** XLIBR, -, bk R trng LF, fwd L contra/bjo/DLW (*W XRIBL, -, slip L fwd, sd & bk R*) ; **[Manuever]** Fwd R trng RF, -, sd L in front of W, cl R (*W bk L, -, sd & fwd R, cl L*) to CP RLOD ; **[Over Spin Trn]** Bk L piv 1/2 RF to fc LOD, -, fwd R cont RF trn to fc DRW rising on ball of ft leaving L leg extended bk, rec sd & bk L DLC to CP DRW ;

14-15 : STEP BK & CHASSE BJO ; FWD FC CL ;

14-15 : **[Bk & Chasse Bjo]** (timing 12&3) Bk R trng LF to fc Wall, sd LOD L/cl R, sd & fwd L (*W sd & bk R*) to BJO DLW ; **[Fwd Fc Cl]** Fwd R trng to fc prtn, -, sd L, cl R to DLW ;

14-15 : STEP BK & SEMI CHASSE ; SLOW SD LOCK ; | 2-3

14-15 : **[Bk & Semi Chasse]** (timing 12&3) Bk R cont LF trn, -, sd L/cl R to L, sd & fwd L trng to SCP LOD ; **[Slow Sd Lck]** Repeat Meas 8 Part A ;



PART B**01-04 : DIAMOND TURN ; ; ; ;**

01-04 : **[Diamond Trn]** Fwd L, -, trng LF sd R, bk L to BJO ; **Bk R**, -, trng LF sd L, fwd R ; **REPEAT** Meas 1-2 Part B to end contra-BJO DLC ; ;

05-07 : 2 LEFT TURNS ; to WALL ; HOVER SEMI :

05-07 : **[2 Left Turns]** Fwd L stg LF trn, -, sd R contg LF trn, cl L ; **Contg** LF trn bk R, -, sd L contg LF trn, cl R to CP DLW ; **[Hover Semi]** Fwd L, -, sd R, rec fwd L to SCP LOD ;

08-10 : WEAWE 6 ; to BJO ; FWD FC CL BFLY ;

08-10 : **[Weave 6 Bjo]** Fwd R, fwd L comm. LF turn, sd R to Bjo RDC ; Bk L LOD, bk R comm. LF turn to contra bjo, sd & fwd cbjo DW ; **[Fwd Fc Cl Bfly]** Repeat Meas 15 Part A to BFLY WALL ;

08---- : THRU FC CL ; | 2

08---- : **[Thru Fc Cl]** Repeat Meas 4 part INTRO to BFLY WALL ;

PART C**01-04 : TWIRL/VINE 3 ; SLOW SD LOCK ; OP REVERSE TURN ; HOVER CORTE :**

01-04 : **[Twirl/Vine 3]** Repeat Meas 3 Part INTRO ; **[Slow Sd Lck]** Repeat Meas 8 Part A ; **[OP Rev. Trn]** fwd L comm LF body trn, -, sd R cont turn, bk L Bjo RLOD (*W bk R comm LF body trn, -, cl L to R for heel trn cont trn, fwd R*) ; **[Hover Corte]** Bk R, -, trng LF sd & fwd L LOD hvrg & leav R leg ip, compg ½ LF trn rec R (*W fwd L, -, trng LF sd & bk R & brush L to R, fwd L*) to BJO DLW ;

05-07 : BK HOVER SEMI ; OP NATURAL TURN ; HESITATION CHANGE :

05-07 : **[Bk Hover Semi]** Bk L, -, bk R risg, rec L (*W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R*) to SCP DLW ; **[OP Natural Trn]** Fwd R comm to trn RF, -, sd L with left side stretch, with right side lead bk R DLC ; **[Hesitation Chng]** Trng upper bdy RF bk L, -, sd R contg RF trn, draw L, - to CP DLC ;

08-10 : PROGRESSIVE BOX ; ; OP TELEMARK ; | 10

08-10 : **[Prog.Box]** fwd L, -, sd & fwd R, cl L ; **Fwd R**, -, sd & fwd L, cl R ; **[OP Telemark]** Fwd L stg LF trn, -, sd R contg LF trn, sd & slightly fwd L (*W bk R stg LF trn, -, cl L [heel trn] contg LF trn, sd & slightly fwd R*) to SCP DLW ;

11-15 : CROSS PIVOT SCAR ; X-HOVER BJO ; X-HOVER SCAR ; X-HOVER SEMI ; THRU FC CL :

11-15 : **[X-Pivot Scar]** Fwd R in frnt of W begin RF trn, -, sd L cont trn, fwd R (*W fwd L sm stp com RF trn, -, fwd R between M's ft heel to toe pvt 1/2 RF, contg trn sd & bk L*) to SCAR DLW ; **[X-Hover Bjo]** XLIFR, -, sd R rise, rec L BJO ; **[X-Hover Scar]** XRIFL, -, sd L rise, rec R SCAR ; **[X-Hover Semi]** XLIFR, -, sd R rise, rec L to SCP LOD ; **[Thru Fc Cl]** Repeat Meas 4 part INTRO ;

PART C***01-03 : THRU FC CL ; TWIRL/VINE 3 ; SLOW SD LOCK :**

01-03 : **[Thru Fc Cl]** Repeat Meas 4 part INTRO ; **[Twirl/Vine 3]** Repeat Meas 3 Part INTRO ; **[Slow Sd Lck]** Repeat Meas 8 Part A ;

ENDING**01-05 : HOVER SEMI ; WEAWE 6 ; to SEMI ; THRU SEMI CHASSE ; THRU to a CHAIR & HOLD :**

01-05 : **[Hover Semi]** Repeat meas 7 Part B ; **[Weave 6 Semi]** Fwd R DLC, -, fwd L stg LF trn, contg trn sd & bk R to fc DRC (*W fwd L trng LF, -, sd & bk R to CP, contg LF trn sd & fwd L LOD to BJO*) ; **Bk L** LOD, -, bk R trng LF trn, sd & fwd L (*W fwd R outsd ptr, -, fwd L, fwd R*) to SCP DLW ; **[Thru Semi Chasse]** Thru R, -, sd L/cl R, sd & fwd L (W thru L, -, sd R/cl L, sd & fwd R) to SCP ; **[Thru to a Chair]** Lowering thru & fwd R release L foot

LIFE IS BEAUTIFULL (Dierickx)

Slowfox IV

INTRO AA* BC A*B* C(1-10) C* B END

INTRO (BFLY Wall)

Wait ; ; Twirl/Vine 3 ; Thru fc cl ;

A

Whisk ; In & Out Runs ; ; Chair & Slip ;
Rev Wave ; ; OP Imp. ; Slow sd lck ; OP Telemark ;
Hov. Fallaway ; Slip Pivot ; Manuver ; Over Spin Trn ;
Step Bk & Chasse Bjo ; Thru fc cl ;

A*

Whisk ; In & Out Runs ; ; Chair & Slip ;
Rev Wave ; ; OP Imp. ; Slow sd lck ; OP Telemark ;
Hov. Fallaway ; Slip Pivot ; Manuver ; Over Spin Trn ;
Step Bk & Semi Chasse ; Slow sd lck ;

B

Diamond Trn ; ; ; ; 2 Left Turns ; to Wall ; Hover semi ;
Weave 6 ; to Bjo ; Thru fc cl BFLY ;

B*

Diamond Trn ; ; ; ; 2 Left Turns ; to Wall ;
Hover semi ; Thru fc cl ;

C

Twirl/vine 3 ; Slow sd lck ; OP Rev.Trn ; Hover Corte ;
Bk Hover Semi ; OP Nat. Trn ; Hesitation Change ;
Progressive Box ; ; OP Telemark ; | **10**
Cross Pivot ; 3 X-Hovers ; ; end in Semi ; Thru fc cl ;

C*

Thru fc cl ;
Twirl/vine 3 ; Slow sd lck ;

END

Hover Semi ; Weave 6 ; to Semi ;
Thru Semi Chasse ; Thru to a Chair & Hold ;

