

THIS IS THE LIFE

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Music: This is the Life, Matt Monroe (Contact Choreographer)
CD: The Best of Slowfox Music, Casa Musica CM-CD 304, Track #1
Rhythm/Phase: Foxtrot, Phase IV&2 (Lilt, Curved Fthr)
Timing: SQQ except where noted on sd of meas.
Timing on sd of meas reflects actual wgt chgs (W in parentheses)
Sequence: INTRO ABC ABC ENDING Released: August, 2003



INTRO

1 - 4 WT; OK THRU, SD, BEH, FAN; BEH, SD, THRU, FAN; FTNR;

1. Wt 1 meas in BFLY DLW w/ M s R & W s L free and pointed to sd;
- QQS 2. XRif of L (bth Xif), sd LOD L, XRib of L (bth Xib), fan L ft CCW (W CW);
- QQS 3. XLib of R (bth Xib), sd RLOD R, XLif of R (bth Xif), fan R CW (W CCW);
4. Still in BFLY stp thru R,-,sd & fwd L, fwd R DLC blending to BJO (W thru L trn LF twd ptr,-,sd & bk R, bk L);

PART A

1 - 4 OP TELE; CURVED FTNR CK; OUTSD SWVL,-,LILT PU; SLOW RT LUN;

1. Fwd L to CP comm LF trn,-,sd R cont trn, sd & fwd L (W bk R comm LF trn,-,cl L to R for heel trn, sd & fwd R) to SCP DLW;
2. Fwd R commence to trn RF,-,sd & fwd L cont RF trn, cont RF trn fwd R ckng outsd W DRW (W fwd L,-,sd & bk R, bk L);
3. Bk L trng W to SCP,-,thru R rising heel to toe commencing to fold W to CP, fwd L (W fwd R outsd M trng RF to SCP DRW,-,thru L rising heel to toe commencing to trn LF to CP, bk R) to CP DRW;
- S-- 4. Lower on L while stepping fwd R w/ soft knee & xtnd R sd (W lower on R while stepping bk L & xtnd L sd w/ hd well to L),-,-,-;

5 - 8 BK,-,BK/LK, BK; IMP SCP; PROM WEV;;

- SQ&Q 5. Bk LOD L commencing to bring R shldr bk,-,bk R to Contra BJO/lk Lif of R (W lk Rib of L), bk R;
6. Bk L trng RF,-,cl R to L cont RF trn on L heel transferring wgt to R, cont bdy trn RF sd & fwd L to SCP DLC (W fwd R outsd ptr trn RF,-,sd & fwd L trn RF brush R to L, trn RF sd & fwd R to SCP);
7. Thru R DLC,-,blending to CP fwd L DLC trng LF, sd & bk R LOD;
- QQQQ 8. Bk L LOD in BJO, bk R cont LF trn blending to CP, sd & fwd L DLW to BJO, fwd R;

9 -12 THREE STP; NAT TRN; CL IMP; BK FTNR FIN;

9. Fwd L to CP,-,fwd R w/ heel ld, fwd L;
10. Fwd R between W s ft commence RF trn,-,fwd & arnd ptr L (W heel trn), bk R LOD in CP;
11. Commence RF upper bdy trn bk L,-,cl R to L for heel trn, sd & bk L in CP fc DLW (W fwd R heel to toe piv 1/2 RF,-,sd & fwd L arnd M brush R to L, fwd R betw M s feet);
12. Bk R,-,sd & fwd DLC L, fwd R to BJO DLC;

13-16 OK DBL FALWY TO BJO; OK WEV ENDING; HVR; FTNR;

- QQQQ 13. Fwd DLC L, sd & bk R to SCP, bk L undr bdy, sd & bk R (W keeping hd closed thru this meas stp bk R, sd & bk L, bk R undr bdy trng LF to BJO, sd & fwd L) to BJO RLOD;
- QQQQ 14. Bk L LOD in BJO, bk R cont LF trn blending to CP, sd & fwd L DLW to BJO, fwd R;
15. Fwd L,-,fwd & sd R rising to ball of ft, rec fwd L to SCP DLC;
16. Fwd R,-,fwd L, fwd R DLC in BJO (W thru L trn LF twd ptr,-,sd & bk R to BJO, bk L);

PART B

1 - 4 REV WAV;; BK FTHR; BK THREE STP;

1. Fwd L DLC trng LF,-,sd R cont LF trn (W heel trn), bk L to CP DRC;
2. Bk R,-, curving LF bk L, R to CP RLOD;
3. Bk LOD L w/ R sd shldr ld,-,R,L to Contra BJO;
4. Bk LOD R commence L shldr ld,-,bk L to CP, bk R;

5 - 8 IMP SCP; WHIPLASH TO BJO; BK HVR TO SCP; FTHR;

5. Bk L trng RF,-,cl R to L cont RF trn on L heel transferring wgt to R, cont bdy trn RF sd & fwd L to SCP DLC (W fwd R in CP,-,sd & fwd L trn RF brush R to L, trn RF sd & fwd R to SCP);
- S-- 6. Thru R, flexing R knee ronde L CW (W ronde R CCW) & pt fwd, ovr last two bts swvl LF on R to BJO,-;
7. Bk RLOD L,-,trng slightly RF stp bk & sd R rising and brushing L to R, sd & fwd L (W fwd R in BJO,-, trng RF stp sd L rising & brushing R to L, cont RF trn to SCP DLW stp sd & fwd R) to SCP DLC;
8. Fwd R,-,fwd L, fwd R DLC in BJO (W thru L trn LF twd ptr,-,sd & bk R to BJO, bk L);

PART C

1 - 4 REV TRN;; HVR (LOOSEN UP TO BFLY); OK THRU, SD, BHD, FAN;

1. Fwd L commence LF bdy trn,-,sd R cont trn, bk L LOD to CP (W bk R commence LF bdy trn,-,cl L to R for heel trn cont trn, fwd R);
2. Bk R cont LF trn,-,sd & fwd L DLW, fwd R to BJO (W fwd L cont LF trn,-,sd R to DLW, bk L to BJO);
3. Fwd L,-,fwd & sd R rising to ball of ft sending W slightly awy from M to loosen up, rec fwd L blending to BFLY WALL;
- QQS 4. Rpt meas 2 of INTRO;

5 - 8 BHD, SD, THRU, FAN; SLOW XIF & UNWIND; HVR TO SCP; FTHR;

- QQS 5. Rpt meas 3 of INTRO;
- S-- 6. XRif of L (bth Xif) w/ only partial wgt,-,releasing BFLY unwind LF on heel of R and toe of L (W unwind RF on heel of L and toe of R) making a full trn to end fcg ptr,-;
7. Joining M s L & W s R hnds stp fwd L (W stp bk R,-,fwd & sd R rising to ball of ft blending to CP, rec fwd L to SCP DLC);
8. Rpt meas 8 of PART B;

ENDING

1 - 4 DIAMOND TRN;;;;

1. Fwd L commence LF trn,-,sd R, bk L in BJO DRC;
2. Bk R cont LF trn,-,sd L, fwd R in BJO DRW;
3. Fwd L commence LF trn,-,sd R, bk L in BJO DLW;
4. Bk R cont LF trn,-,sd L, fwd R in BJO DLC;

5 - 9 OP TELE; OK THRU, SD, BEH, FAN; BEH, SD, THRU, FAN; THRU VIN 4; BFLY CHAIR & HLD;

5. Rpt meas 1 of PART A;
- QQS 6. Rpt meas 2 of INTRO blending to BFLY;
- QQS 7. Rpt meas 3 of INTRO;
- QQQQ 8. In BFLY XRif of L (bth Xif), sd LOD L, XRib of L (bth Xib), sd LOD L;
- S-- 9. In BFLY lun thru LOD R,-,-,-;