BY: Curt & Tammy Worlock, 3613 Citrus Tree Court, Plant City, FL 33566 (813)-431-3235 **MUSIC:** "Mi Vida Sin Tu Amor" by Christian Castro – CD Mi Vida Sin Tu Amor – Track #3

FOOTWORK: Described for M - W opposite (or as noted) **SPEED:** As on CD

SEQUENCE: Intro, A, B, Bridge, A (1-8), B, Ending **E-Mail:** cworlock@tampabay.rr.com

RHYTHM: Bolero PHASE: VI WEB: www.curtandtammy.com RELEASED: August 2016

<u>INTRO</u>

1 - 7 WAIT; BREAK APART w/ARMS; WHEEL M INSIDE TURN TO; BOLERO WHEEL 3; FACE WALL TO CUDDLE & HIP ROCKS; SEMI BREAK BACK; HAND TO HAND;

- ---- 1 Wait 1 meas M facing ptr & COH nothing touching about 2' apart both w/trailing foot free;
 - 2 Sd & slightly bk R extending arms out to sd,-, bringing hands in twds chest bk L extending arms fwd & out twds ptr, fwd R;
 - 3 Fwd L sweeping R arm up high passing W on R sd,-, fwd R trng LF sweeping L arm up high, cont trng LF fwd L (fwd R,-, wheel RF around M fwd L, R) to end M fcing DLW & W fcing DRC;
 - 4 Blending to BOLERO BJO M's R hand around W's R side and W's R hand on M's L shoulder both w/L arms extended out to side wheel making 5/8 RF trn fwd R,-, L, R to end approximately M fcing COH;
 - 5 Fwd L trng RF to fc ptr & WALL blending to CUDDLE POS,-, sd R, sd L;
 - 6 Sd R trng LF & blending to SCP LOD,-, bk L, fwd R;
 - 7 Fwd L trng RF releasing trail arms from SCP to LEFT OPEN POS FCING RLOD,-, bk R, fwd L;

PART A

1 - 4 BOTH STEP SPIRAL UNDER & THRU TO OPEN SERPIENTE;; TO OPEN LINE CHECK & SYNC SPIN TO FACE SHAKE HANDS; REVERSE UNDERARM TURN;

- 1 Fwd & sd R RLOD, spiral 7/8 LF under joined lead hands, cont LF trn thru L RLOD, cont LF trn sd R blending to BFLY WALL;
- 2 XLIB of R/fan R ft CW allowing L ft to swvl RF and release trail hands to LEFT OPEN RLOD,-, bk R, trng LF sd L blending to brief BFLY only to change hands to trail hands joined in next measure;
- **S&QQ** 3 Cont trng LF fwd R LOD checking in OPEN POS LOD looking at ptr,-/rec L trng RF, sd & fwd R cont RF trn, fwd L trng RF to fc ptr & WALL completing 1 ½ RF trn to join R hands;
 - 4 Sd & fwd R RLOD,-, fwd & across L leading W under R hands, bk R trng LF (sd & fwd L,-, fwd & across R trng LF under joined R hands, fwd L LOD);

5 - 8 M POINT LADY FWD FREE SPIRAL TO SHADOW & SYNC WALKS; 2 SLOW FWD SPOT TURN UNDER LADY REVERSE RIFF TURN TO BFLY SIDECAR; TWISTY VINE TO BJO; MAN CHECK LADY CURL & SYNC VINE;

- --&QQ 5 Point L sd & fwd LOD leading W to spiral w/R hand releasing hand hold then join L hands w/R hand (s&QQ) catching W's back,-/fwd L, fwd R, fwd L (fwd R, free spiral 7/8 LF on R/fwd L, fwd R, fwd L) now in SHADOW POS FCING LOD:
- ss 6 Fwd R trng LF under joined L hands,-, fwd L RLOD cont LF trn leading W under (fwd R trng LF to fc COH,-, sd L/trng LF 1 full turn on L under joined L hands, cl R to L start changing hands to BFLY) to end M fcing DRW & W fcing DLC;
 - 7 Sd & slightly fwd R blending to BFLY SDCR DRW,-, XLIF of R trng LF, sd & bk R (sd & slightly bk L blending to BFLY fcing DLC,-, XRIB of L trng LF, sd & fwd L) to end now in BFLY BJO DLW;
- 8 Bk L RLOD checking leading W under,-/thru R, trng RF sd L, XRIB of L (fwd R RLOD outside ptr turn ½ LF under joined lead hands,-/thru L LOD, trng LF sd R, XLIB of R);

9-12 FENCE LINE w/ARM SWEEP TO SHAKE HANDS; TURKISH TOWEL;;;

- 9 Sd L sweep trailing arm up,-, soften L knee fwd & across R LOD flexing R knee taking trailing arm through leading from wrist, bk L trng RF as you pull arm back through to extend out to sd & shake R hands;
- 10 Sd & fwd R,-, fwd L, bk R;
- 11 CI L,-, bk R, fwd L trng LF (fwd R,-, fwd & across L DLC trng RF under joined R hands, fwd R DRW cont RF trn);
- 12 Cont LF trn sd R twd WALL to M's VARSOUV POS LOD,-, bk L w/R sd leading, rec R (cont RF trn sd & fwd L COH,-, fwd R LOD w/L sd leading, bk L);

PART A (CON'T)

13-15 RELEASE FOR OPPOSITION SPOT TURN TO BFLY; FALLAWAY RONDE TO OPEN & TURNING VINE TO; SIDE LUNGE BACK TO BACK & SYNC VINE TO CLOSED;

- 13 Releasing hand hold from ptr sd L COH,-, XRIF of L trng LF, cont slight LF trn fwd L to BFLY WALL;
- 14 Sd & bk R RLOD releasing lead hands as you ronde L ft CCW (R ft CW) trng to brief OPEN POS FCING LOD,-, bk L trng RF, sd R cont trng RF joining lead hands while releasing trailing hands;
- **S&QQ** 15 Cont RF trn bringing joined lead hands thru fwd & sd L RLOD checking now bk to bk with ptr,-/trng RF rec R LOD, cont RF trn sd L, XRIB of L blending to loose CP WALL;

PART B

1 - 4 <u>SEMI FWD & SYNC PIVOTS TO SDCR; FCING FAN LADY SYNC IN 5; FWD BREAK;</u> PULL PASS TO UNDERARM LUNGE LADY SIT & CROSS BODY SHAKE R HANDS;

- **S&QQ** 1 Sd & fwd L,-/fwd & across R trng RF folding square to W to CP RLOD, bk L pivot ½ RF, fwd R between ptr's feet pivot ¼ RF;
- SQQ 2 Cont RF trn sd & bk L to SDCR DRW,-, bk R trng LF releasing joined lead hands, fwd L cont LF trn (sd (\$&Q&Q) & fwd R to SDCR DLC,-/fwd L LOD outsd ptr, fwd R spiral 7/8 LF/fwd L, fwd R trng ½ LF to fc RLOD);
 - 3 Cont LF trn sd & fwd R re-joining lead hands to fc LOD,-, fwd L, bk R checking (sd & bk L,-, bk R, fwd L) to end LEFT OPEN FCING M FCING LOD:
 - 4 Trng RF & leading W to trn under joined lead hands strong sd lunge L LOD catching W w/R hand on her L shoulder blade & look at ptr,-, rec strongly trng LF bk R leading W across, cont LF trn fwd L (fwd R/trng ½ LF under joined lead hands raising L arm straight up to look at ptr,-, fwd L DLC outsd ptr, fwd R changing sides trng LF) to end M fcing DLC W fcing almost WALL & join R hands;

5 - 8 SHADOW NEW YORKER STACK HANDS; CROSS HAND UNDERARM TURN; (HANG ON) LUNGE BREAK; PASSING ALTERNATING UNDERARM TURN SYNC TO OPPOSITION LUNGE SIT LINE;

- 5 Sd & fwd R,-, trng slightly RF fwd L LOD, bk R trng LF (cont LF trn sd & fwd L,-, fwd R, bk L trng RF);
- 6 Sd L raising R hands & joining L hands low,-, bk R taking R arm over W's head, rec L taking L arm over W's head (sd R,-, fwd & across L trng RF under joined R hands, then L hands fwd R cont RF trn);
- S-- 7 Sd & fwd R to fc COH,-, maintaining joined hands L over R lower in R knee keeping a straight back
 (SQQ) allowing L ft to slide sd & bk, start to rise leading W to R sd (sd & bk L to fc ptr & WALL,-, bk R, fwd L);
- S&QQ 8 Sd & fwd L COH comm trng LF under joined L hands,-/fwd & sd R COH trng LF under joined R hands, fwd L WALL trng LF, sd R lowering in Lunge Line (fwd R WALL raising L hands,-/fwd & sd L WALL trng RF raising R hands & lowering L hands, fwd R COH cont RF trn under joined R hands, cont RF trn bk L COH in Sit Line) to end M FCING LOD W FCING WALL looking at ptr hands joined L over R;

9-12 EXPLODE L ARMS & LADY FWD 2; R HANDS CLOSE LADY FWD SPIN TO START FULL MOON;; w/LADY SYNC FREE ROLL LEFT IN 5 TO FACE;

- 9 Releasing top joined L hands sweep L arm up & out,-, hold R lunge line leading W fwd (sweep L arm up & out,-, to WALL fwd R, fwd L) to end w/R handshake M FCING LOD W FCING WALL;
 - 10 Rise out of R lunge line & close L to R leading W to spin under joined R hands,-, bk R comm LF trn, cont LF trn fwd L bringing R hands up behind W to lead spiral (fwd R WALL, spin 1 ½ RF on R under joined R hands, fwd L COH, fwd R/spiral 7/8 LF);
 - 11 Fwd R COH keeping W on your R sd extending L arm out to sd RLOD,-, fwd L, bk R (cont LF trn fwd L COH extending L arm out to sd twd RLOD,-, fwd R, bk L);
- sqq 12 Trng slightly LF sd L,-, cont LF trn bk R, cont LF trn fwd L (trng R hip 3/8 RF to point R toe fwd R twd (S&Q&Q) DLW on M's R sd trng further ¼ RF,-/fwd L twd DRW, fwd R spiral 7/8 LF on R/fwd L, fwd R trng LF) to end M FCING almost WALL W FCING almost COH;

13-16 NEW YORKER TO; QUICK CHECKED RIFF TURN & REC LADY UNDER LEFT FC REV; QUICK THRU SWIVEL POINT TO AN AIDA; AIDA LINE & SWITCH ROCK;

- 13 Joining lead hands sd & fwd R,-, trng RF fwd L RLOD, bk R trng LF;
- ss 14 Leading W quickly under lead hands/sd lunge L LOD placing R hand on back of W's R hip,-, leading W under lead hands trng RF rec R,- (quickly side R spin ¾ RF/cl L to R lower slightly to point R ft fwd RLOD,-, fwd R trng ¾ LF under joined lead hands, cont LF trn sd & fwd L) to end LEFT OPEN POS FCING RLOD;
 - 15 Thru L RLOD/swvl ¼ LF on L to point R ft sd & bk RLOD sweep trail arm up,-, thru R taking arm over LOD, trng RF sd L;
 - 16 Cont RF trn sd & bk R to bk to bk V-pos sweeping trail arm up & back,-, take joined lead hands bk thru to LOD trng LF sd L LOD, sd R to BFLY WALL;

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BRIDGE

1 - 5 2 HAND UNDERARM TURN TO TAMARA; BACK TO BACK LARIAT 3; SPIN LADY RIGHT TO FACE & HIP ROCKS; SEMI BREAK BACK; HAND TO HAND;

- 1 Sd L raising lead hands but keeping trailing hands joined low,-, bk R, fwd L (sd R,-, fwd & across L trng RF under joined lead hands, fwd R cont RF trn to M's R sd) to end lead hands joined high & trail hands joined around the back of W's R hip in TAMARA POS M FCING WALL;
- 2 Sd & fwd R sliding behind W to L taking lead arm over M's head,-, raising trailing arm fwd L, bk R taking trailing arm over M's head (fwd & sd L to M's R sd past M,-, raising trailing arm sd R sliding bk to bk w/M, bk L past M on his L sd) to end trailing hands joined high and lead hands joined behind W's L hip in LEFT TAMARA POS M FCING WALL; NOTE: M's footwork in this measure is a Forward Break.
- 3 Sd L leading W RF under joined trailing hands to BFLY,-, sd R, sd L (XRIB of L, spin RF 1 full trn on R under joined trailing hands, sd L, sd R) to BFLY WALL;
- 4 Repeat meas 6 of Intro;
- 5 Repeat meas 7 of Intro;

PART A (1-8)

PART B

ENDING

1 - 5 2 HAND UNDERARM TURN TO TAMARA &; BACK TO BACK LARIAT 3; SPIN LADY RIGHT TO FACE & SLOW SIDE SHAKE RIGHT HANDS; SWEEP LEFT ARMS CONTRA CHECK; & EXTEND THE LINE;

- 1 Repeat meas 1 of Bridge but slow slightly with music for entire ending;
- 2 Repeat meas 2 of Bridge:
- ss 3 Sd L leading W RF under joined trailing hands to BFLY,-, sd R joining R hands then sweep L arms out & up (XRIB of L, spin RF 1 full trn on R under joined trailing hands, sd L joining R hands then sweep L L arms out & up) to end in R handshake M FCING ptr & WALL,-;
- s-- 4 Lowering on R fwd L w/R sd leading combing L arm down in front,-, extending R arm straight twd W,-;
- --- 5 Cont to fully extend line w/more R sd lead as you comm to extend L arms,-, out to side (look well to L),-;

NOTE: Timing is standard SQQ unless noted on side by the measure and refers to actual weight changes.