

# LIFE IS A SLOW DANCE

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**MUSIC:** CD - Being Human - Michael Peterson - "Slow Dance" - Track #10 **RELEASED:** August 2018

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**SEQUENCE:** Intro, A, B, C, B, C, Ending **SPEED:** Slow from 32 to 28 MPM (Music also cut to shorten)

**RHYTHM:** Waltz **PHASE:** IV+2 **FOOTWORK:** Described for M - W opposite (or as noted)

## INTRO

### **1 - 4 WAIT;; WHISK; WING;**

- 1-2 - Wait 2 Meas in CP DLW lead foot free;
- 3 - Fwd L, sd & fwd R rotating upper body RF leading W to whisk, XLIB of R to SCP LOD;
- 1-- 4 - Thru R, draw L to R, tch L to R trng upper body LF (thru L, trng LF fwd R toward COH, cont LF trn fwd L) to  
(123) tight SDCR DLC;

### **5 - 8 1 LEFT TURN; BOX FINISH FC WALL; TWIRL VINE 3; THRU SIDE CLOSE TO BFLY;**

- 5 - Fwd L comm LF trn, fwd & sd R cont LF trn, cl L to R to CP RLOD;
- 6 - Bk R comm LF trn, sd & fwd L cont LF trn, cl R to L to CP WALL;
- 7 - Raising joined lead hands to lead W to twirl sd L trng slightly RF, XRIB of L, trng LF sd & fwd L (sd & fwd R comm RF, fwd L cont RF twirl under joined lead hands, sd & fwd R);
- 8 - Thru R, joining trail hands trng slightly RF sd L, cl R to L to BFLY WALL;

## PART A

### **1 - 4 TWISTY BALANCE LEFT & RIGHT;; TWISTY VINE 3 TO BJO; MANEUVER;**

- 1 - Sd L trng slightly RF, XRIB of L, rec L (sd R trng slightly RF, XLIF of R, rec R) to BFLY SDCR DRW;
- 2 - Trng LF sd R, XLIB of R, rec R (trng LF sd L, XRIF of L, rec L) to BFLY BJO DLW;
- 3 - Trng RF sd L, XRIB of L, trng LF releasing trail hands to frame ptr sd & fwd L to BJO DLW;
- 4 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;

### **5 - 8 OVERSPIN TURN DRW; SLOW HOVER CORTE IN 6;; BACK WHISK;**

- 5 - Bk L LOD toe turned in pivot  $\frac{1}{2}$  RF, fwd R heel lead LOD between W's feet rise to ball of foot & cont RF trn, bk & sd L to CP DRW completing  $\frac{7}{8}$  RF turn;
- 12- 6 - Bk R DLC comm LF trn, cont LF sd & slightly fwd L toe pting LOD, slowly start to rise on L;
- 3 7 - Cont to slowly rise, while you rotate slightly LF, sd & bk R to CBJO DLC;
- 8 - Bk L DRW, bk & sd R trng W to SCP, XLIB of R (fwd R outsd ptr comm RF trn, cont RF trn sd L, cont RF trn XRIB of L) to SCP DLC;

### **9-12 THRU SEMI CHASSE; WEAVE 6; TO SEMI; CHAIR & SLIP;**

- 12&3 9 - Thru R, sd & fwd L/cl R to L, sd & fwd L still in SCP DLC;
- 10 - Thru R DLC, fwd L trng LF to CP, cont LF trn sd & bk R to CBJO DRC;
- 11 - Bk L (fwd R outside ptr), bk R blending to CP trng LF, cont LF trn sd & fwd L to SCP DLW;
- 12 - Lower in L knee lunge fwd R w/fwd poise, rec L comm LF trn rise thru body trng W square, bk R to CP DLC;

## PART B

### **1 - 4 OPEN REVERSE TURN; OPEN FINISH; HOVER; CROSS HESITATION TO BJO;**

- 1 - Fwd L comm LF trn, fwd & sd R cont LF trn, bk L (fwd R outsd ptr) to BJO DRC;
- 2 - Cont LF trn bk R LOD, cont LF trn sd & fwd L, fwd R outside ptr to BJO DLW;
- 3 - Fwd L blending to CP, sd & slightly fwd R cont rising brush L twd R, sd & fwd L to SCP DLC;
- 1-- 4 - Thru R, comm LF trn on R leading W fwd, cont LF trn on R tch L to R (thru L, trng LF fwd R twd DRC, cont LF  
(123) trn cl L to R) to CBJO DRC;

### **5 - 8 BACK PASSING CHANGE; BACK TURN L & CHASSE TO BJO; MANEUVER; IMPETUS TO SCP;**

- 5 - Bk L, bk R w/R sd stretch to open W's head, bk L (fwd R outsd ptr, fwd L head to R, fwd R) to BJO DRC;
- 12&3 6 - Bk R comm LF trn, sd & fwd L cont LF trn pointing L toe DLW/cl R to L, sd & slightly fwd L to CBJO DLW;
- 7 - Fwd R outside ptr comm RF trn, fwd & sd L cont RF trn, cl R to L to CP RLOD;
- 8 - Bk L LOD comm RF trn, cl R to L heel trn, sd & fwd L (fwd R comm RF trn, fwd & sd L cont RF trn, sd & fwd R) to SCP DLC;

**PART B (CON'T)****9-12 VIENNESE CROSS INTO; VIENNESE TURNS; 3 MEAS; LAST ONE TO BFLY WALL;**

- 123& 9 - Thru R, fwd L comm LF trn, fwd & sd R cont LF trn/cont trng LF XLIF of R (cl R to L) to end CP DRC;  
 10 - Cont LF trn bk R LOD, cont LF trn bk & sd L, cont LF trn cl R to L (XLIF of R) to end CP DLW;  
 11 - Cont LF trn fwd L LOD, cont LF trn fwd & sd R, cont LF trn XLIF of R (cl R to L) to end CP DRC;  
 12 - Cont LF trn bk R LOD, cont LF trn bk & sd L, cl R to L (cl L to R) blending to BFLY WALL;

**PART C****1 - 4 WALTZ AWAY; & TOGETHER; ROLL 3; THRU SYNCOPATED VINE TO SEMI;**

- 1 - Release lead hands trng LF bringing trail hands thru to LOD fwd L, cont slight LF trn fwd R, cl L to R (trng RF fwd R, cont slight RF trn fwd L, cl R to L) to end in bk to bk V-shape M fcing DLC & W fcing DLW;  
 2 - Bringing trail hands bk twd RLOD fwd R trng RF, cont RF trn sd L, cl R to L (fwd L trng LF, cont LF trn sd R, cl L to R) to BFLY WALL;  
 3 - Releasing all hands trng LF (RF) fwd L LOD, fwd R cont LF (RF) trn, sd & fwd L LOD;  
 12&3 4 - Thru R, sd L trng slightly RF to start blending to CP/XRIB of L, sd & fwd L to SCP LOD;

**5 - 8 IN & OUT RUN;; THRU TO LEFT WHISK; LADY SYNCOPATE UNWIND TO BJO DLC;**

- 5 - Thru R comm RF trn, fwd & sd L cont RF trn to CP RLOD, cont RF trn bk & sd R to CBJO DRC;  
 6 - Bk L DLW comm RF trn, cont RF trn sd & fwd R between W's feet, w/L sd leading sd & fwd L (fwd R outsd ptr comm RF trn, fwd & sd L cont RF trn, sd & fwd R) to SCP LOD;  
 7 - Thru R, sd & fwd L trng W to CP, XRIB of L (thru L, sd & fwd R trng ¼ LF, XLIB of R) to CP DLW;  
 --- (12&3) 8 - Unwind RF on ball of R, and heel of L, cont unwind (fwd around M R, L/R, L) to BJO DLC;

**9-12 BACK HOVER TO SEMI; WHIPLASH; SLOW OUTSIDE SWIVEL; SLOW SIDE LOCK;**

- 9 - Bk L DRW, bk & sd R rise trng W to blend to CP DLW, sd & fwd L to SCP DLC;  
 1-- 10 - Thru R sharply trn W LF, pt L ft fwd, stand up to stretch the lead side shaping a line to CBJO DLC;  
 1-- 11 - Bk L DRW leaving R ft fwd & slowly lead W to swvl RF (fwd R outsd ptr & slowly swvl RF) to SCP DLC;  
 12 - Thru R, fwd & sd L comm LF trn leading W to swing in front, cont trng LF lk RIB of L (lk LIF of R) to CP DLC;

**13-16 DOUBLE REVERSE; TURN LEFT & CHASSE TO BJO; BACK BK LOCK BK; HESITATION CHG;**

- 12- 13 - Fwd L comm LF trn, fwd & sd R cont LF trn, cont LF trn tch L to R (bk R, cl L to R heel turn/cont LF trn sd & slightly bk R, XLIF of R) to CP DLC;  
 (12&3) 14 - Fwd L comm LF trn, cont LF trn sd & bk R/cl L to R, sd & bk R to end CBJO DRC;  
 12&3 15 - Bk L LOD (fwd R outside ptr), bk R/lk LIF of R, bk R still CBJO DRC;  
 12- 16 - Bk L comm RF trn (fwd R outside ptr), cont RF trn sd & fwd R toe pointing DLC, draw L to R to end CP DLC;

**PART B****PART C****ENDING****1 - 4 TELEMARK TO SCP; NATURAL HOVER FALLAWAY; SLIP TO BJO DLW; SLOW FWD FC CL;**

- 1 - Fwd L comm LF trn, fwd & sd R cont LF trn (cl heel trn), sd & fwd L to SCP DLW;  
 2 - Thru R comm RF trn, fwd L toe pointing DRW cont trng RF, bk & sd R (thru L, fwd R toe pointing DLW to M's L instep trng RF, sd & bk L) to SCP DRW;  
 3 - Bk L, trng W to CP bk R trng LF, cont LF trn sd & fwd L (bk R, trng LF to CP slip fwd L, cont LF trn sd & bk R) to CBJO DLW;  
 4 - Slowing down to match the prominent notes fwd R outsd ptr (bk L), trng RF sd L, cl R to L to CP WALL;

**5 - 6 PAUSE – SIDE PROMENADE SWAY; SLOW CHANGE TO OVERSWAY;**

- 1-- 5 - Hold an extra beat then sd & fwd L, stretch body upward, to look over joined lead hands to SCP LOD;  
 --- 6 - Relax L knee slightly keeping R leg extended, with slight LF rotation through R hip stretch L sd of body swiveling W's R ft ¼ LF to CP, look toward & over W cont to sway (head well to L) now in CP DLW;

**NOTE:** Timing is standard 123 unless noted on side by the measure and refers to actual weight changes.