

LIFE IS A SLOW DANCE WITH YOU

By: Erin & Scot Byars, 144 Lirios Avenue, Sacramento, CA 95828 916-482-9503 cuer4dance@yahoo.com
Record: "Slow Dance" by Michael Peterson ASIN: B003A9GDGI Original length: 4:08
CD/"Being Human" ASIN: B003A97DDU *Amazon shows this song as 4:08 in length
but song actually ends at 3:34*
Legally downloadable from www.amazon.com and others
Footwork: Opposite throughout (*woman in parentheses and italic*) Speed +2%
Phase: Waltz Roundalab Phase II+2 (Hover/Interrupted Box) or Amended December 12, 2016
[Phase III+1 with optional Leg Crawl in B mod]
Sequence: **Intro A A mod B A mod B C B mod End**

In keeping with the romantic nature of this song, this dance is done almost completely
"in hold," with the exception of thru Twinkles, Twirls and Interrupted Boxes.

INTRO

(BFLY WALL) **WAIT 2 MEASURES; ; APART, POINT; TOGETHER TO CP WALL, TOUCH;** (CP WALL)

1-4 BFLY WALL Wait; wait; apart L, pt R, - ; tog R to CP WALL, tch L, - ;

(CP WALL) **TWISTY BALANCES; ; TWIRL VINE; PICKUP;** (CP LOD)

5-6 Sd L, XRIB rising, rec L (*W sd R, XLIF rising, rec R*); sd R, XLIB rising, rec R (*W sd L, XRIF rising, rec L*);

7 Sd L, XRIB, sd L (*W fwd R, fwd L trng RF 3/4 under M's L and W's R hands, sd R trng 1/4*);

8 Fwd R a small stp (*W fwd L stping in front of M trng LF to CP LOD*), sd L, cl R;

PART A

(CP LOD) **TWO LEFT TURNS; ; (CP WALL) BOX; ; (CP WALL)**

1-2 Fwd L trng LF, sd R, cl L; bk R trng LF, sd L, cl R to CP WALL;

3-4 Fwd L, sd R, cl L; bk R, sd L, cl R;

(CP WALL) **TWISTY BALANCES; ; TWISTY VINE 3; MANEUVER;** (CP RLOD)

5-6 Repeat Intro Measures 5-6; ;

7-8 Sd L, XRIB (*W XLIF*), sd L trng to BJO LOD; fwd R trng RF to CP RLOD, sd L, cl R;

(CP RLOD) **TWO RIGHT TURNS; ; (CP WALL)**

9-10 Bk L start RF trn, sd R cont trn, cl L; fwd R cont trn, sd L cont trn, cl R ending CP WALL;

(CP WALL) **HOVER; PICKUP;** (CP LOD)/**2ND & 3RD TIMES THRU, FACE, CLOSE;** (CP WALL)

11 Fwd L, sd R rising, rec L to SCP;

12 **[1st time]** Repeat Intro Measure 8;

[2nd & 3rd time] XRIF, sd L, cl R to CP WALL;

PART B

(CP WALL) **LEFT TURNING BOX; ; ; (CP WALL)**

1-2 Fwd L trng 1/4 LF to CP LOD, sd R, cl L; bk R trng LF 1/4 to CP COH, sd L, cl R;

3-4 Fwd L trng 1/4 LF to CP RLOD, sd R, cl L; bk R trng LF 1/4 to CP WALL, sd L, cl R;

(CP WALL) **BALANCE LEFT; SIDE, DRAW, TOUCH; BALANCE LEFT; REVERSE TWIRL;** (OP FCG WALL)

5-6 Sd L, XRIB, in plc L; sd R, draw L, tch L;

7-8 Sd L, XRIB, in plc L; ; sd R, XLIB, sd R (*twirl LF L under M's L and W's R hands, R, L*) to OP FCG WALL;

PART B (CONTINUED)

(OP FCG WALL) **THRU TWINKLE; THRU, FACE, CLOSE;** (CP WALL) **DIP BACK; MANEUVER;** (CP RLOD)

9-10 Thru L to RLOD, sd R trng to fc ptr, cl L; thru R to LOD, sd L trng to fc ptr in CP WALL, cl R;

11-12 Dip back L, -, -; rec R trng RF to CP RLOD, sd L, cl R;

(CP RLOD) **TWO QUARTER RIGHT TURNS; ;** (CP LOD) **PROG BOX; ;** (CP LOD/**3RD TIME** TO SCAR LOD)

13-14 Bk L trng 1/4 RF, sd R, cl L; fwd R trng 1/4 RF, sd L, cl R to CP LOD;

15-16 [**1st & 2nd times**] Fwd L, sd R, cl L; fwd R, sd L, cl R;

[**3rd time**] Fwd L, sd R, cl L; fwd R, sd L blnding to SCAR LOD, cl R;

PART C

(SCAR LOD) **PROGRESSIVE TWINKLE 3 TIMES; ; ; FORWARD, FACE, CLOSE;** (CP WALL)

1-2 XLIF (*WXRIB*), sd R, cl L to BJO LOD; XRIF (*WXLIB*), sd L, cl R to SCAR LOD;

3-4 XLIF (*WXRIB*), sd R, cl L to BJO LOD; fwd R, sd L to CP WALL, cl R;

(CP WALL) **INTERRUPTED BOX; ; ;** (CP WALL)

5-6 Fwd L, sd R, cl L; bk R, sd L, cl R

(fwd L comm RF trn under ld hnds, fwd R cont trn, fwd L);

7-8 Fwd L, sd R, cl L *(cont RF trn fwd R, fwd L, fwd R completing RF trn to CP);* bk R, sd L, cl R; *[W makes full RF trn over meas 2 & 3]*

PART B MODIFIED

(CP WALL) **LEFT TURNING BOX; ; ; ;** (CP WALL)

1-4 Repeat Part B, measure 1-4; ; ;

(CP WALL) **BALANCE LEFT; SIDE, DRAW, TOUCH; BALANCE LEFT; REVERSE TWIRL;** (OP FCG WALL)

5-8 Repeat Part B, measure 5-8; ; ;

(OP FCG WALL) **THRU TWINKLE; THRU, FC, CL;** (CP WALL)

9-10 **Slowing** Repeat Part B, measure 9-10; ;

(CP WALL) **DIP, TWIST; HOLD [OPTIONAL LEG CRAWL]; REC, TCH;** (CP WALL)

11-12 Dip bk L ("Thanks"), twist ("for the"), -, -; hold [optional leg crawl] ("slow dance"), -, -; rec R ("with"), tch L, -;

Original tempo resumes

END

(CP WALL) **TWISTY BALANCES; ; TWIRL VINE; THRU, FACE, CLOSE;**

1-4 Repeat Intro, Measures 3-5; ; ; repeat Part B Measure 10;

(CP WALL) **INTERRUPTED BOX; ; ; ;**

5-8 Repeat Part C Measures 5-8; ; ;

(CP WALL) **APART, POINT/M KISS L'S HAND;**

9 Apt L, pt R, M kiss L's hand;