

# THE SONG OF MY LIFE

Music: Nora Aunor

Cd: The Song Of My Life

<https://music.apple.com/zw/album/classic-collection-of-nora-aunor-vol-8-the-song-of-my-life/786024970>

Track # 1 Time 4:03 Cut from 3.38,5 to end & Fade out from 3.33 to end  
To Time 3:38 Available from choreographer

Rhythm: **Waltz** Phase: **IV+2** (Curved Feather + Outside Spin)  
**+2U** (Box w/ 2 Ways Underarm Trn to Rlod + Interrupted Box)

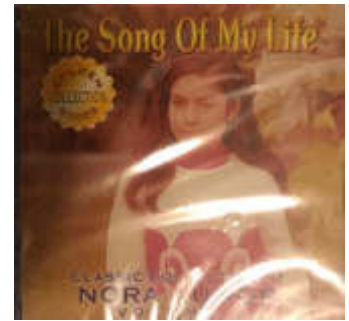
Footwork: **Opposite except where (Noted)**

Release Date: April 24

Choreo: Jos Dierickx beverlosestwg 14b2 3583 Paal Belgium

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Sequence: **INTRO ABC ABC END**



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## INTRO

### 01-08 CP DLW LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ; INTERRUPTED BOX ; ; ; ;

**{Wait}** CP DLW ld ft free wt 4 meas ; ; ; ; **{Interrupted Box}** Fwd L, sd R, cl L ; Raisg jnd ld hnds bk R, sd L, cl R (*W circ CW ½ undr raised ld arms L, R, L*) ; Fwd L, sd R, cl L (*W cont circg CW undr raised ld arms R, L, R*) to CP DLW ; Bk R, sd L, cl R to CP DLW ; ;

## PART A

### 01-04 HOVER TELE ; IN & OUT RUNS ; ; WHIPLASH to BJO ;

**{Hover Tele}** Fwd L, fwd R risg & lft shldr lead, sd & fwd L to SCP LOD ; **{In & Out Runs}** Trng RF fwd R, sd & bk L to CP RLOD, bk R (*W fwd L, fwd R btwn M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, cont trn fwd R btwn W's ft, sd & fwd L (*W trng RF fwd R, cont trn sd L ifo M, cont trn fwd & sd R*) to SCP LOD ; **{Whiplash to BJO}** [1,-] Thru R, trng bdy RF to ptr point L LOD (*W thru L, point R fwd, swiv slowly on L LF to fc ptr*) to BJO DLW, - ;

### 05-08 BACK & CHASSE to SCAR ; FWD CHECK/W DEVELOPE ; BACK & CHASSE/W REVERSE TWIRL to SCP ; CHAIR & SLIP ;

**{Bk & Chasse to SCAR to DRW}** [1,2&3] Trn RF bk L, sd R/cl L trn RF, fwd R to SCAR DRW ; **{Fwd Check/W Developpe}** Fwd L outsd lft sd ptr checkg, -, - (*W bk R bring L ft up R leg to insd of R knee, extend L ft fwd*) ; **{Bk Chasse /W Sync Rev Twirl}** [1,2&3] Bk R comm LF trn comm lead W LF trn under ld hnds, cont LF trn sd L/cl R, sd & fwd L (*W fwd L comm LF trn under ld hnds, sd R cont LF trn/ sd & fwd L, cont LF trn sd & bk R*) BJO DLW ; **{Chair & Slip}** Ck fwd R w/ bent knee, rec L w/ slight LF trn, sm bk R (*W ck fwd L, rec R swvlg 5/8 LF, fwd L*) to CP DLC ;

### 09-12 FOUR VIENNESE TURNS ; ; ; ;

**{4 Viennese Trns}** Fwd L stg LF trn, sd R cont trn, XLif to fc RLOD (*W bk R stg LF trn, sd L cont trn, cl R*) ; Bk R cont LF trn, sd L cont trn, cl R (*W fwd L cont LF trn, sd R cont trn, XLif*) to CP DLW ; Repeat meas 9,10 Part A to DLW ; ;

### 13-17 WHISK ; THRU SYNCOPATED VINE ; MANUEVER ; SPINTURN ; BOX FINISH ;

**{Whisk}** Fwd L, fwd & sd R stg rise to ball of ft to SCP LOD, XLib (*W XRib*) cont to full rise ; **{Thru Sync Vine}** [1,2&3] Thru R, sd L/XRib (*W XLib*), sd L to SCP LOD ; **{Manuever}** Trng RF fwd R ifo W, sd L cont trn, cl R (*W fwd L, R, L*) to CP RLOD ; **{Spin Trn}** Stg RF upper bdy trn bk L pvtg ½ RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg L leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg ½ RF, bk L cont trn brush R to L, fwd R btwn M's ft*) to CP DLW ; **{Box Finish}** Bk R, sd & bk L trng ¼ LF, cl R to CP DLC ;

## PART B

### 01-04 DIAMOND TURN / W INSIDE TURN ; ; ; ;

**{Diamond Trn /W Inside trn}** Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO DRC ; [Raisg ld hnds & staying in BJO] Trng LF bk R, compg ¼ LF trn sd L, fwd R (*W fwd L comm LF trn under ld hnds fc RDC, small sd R cont LF trn, small sd L compg LF trn*) to BJO DRW ; Repeat meas 1,2 Part B to BJO DLW & DLC ; ;

**05-08 CLOSED TELEMARK ; CURVED FEATHER ; BACK SYNC TWISTY VINE ; PIVOT 3 to SCP ;**

**{Closed Telemark}** Fwd L, fwd & sd R cont LF trn, sd & fwd L (*W bk R, trng LF on R cl L [heel trn], bk & sd R*) to BJO DLW ; **{Curved Feather}** Staying in BJO thru out fwd R stg to trn RF, contg RF trn sd & fwd L, contg upper bdy trn fwd R (*W bk L stg to trn RF, bk R bhd L contg to trn RF w/ strong rt sd lead, bk L*) ckg to BJO RLOD ; **{Bk Sync Twisty Vine}** (1,2&3) Bk L trng slightly RF, sd R/ XLif, sd & bk R to fc DLW (*W fwd R trg RF, sd & bk L, cont trng XRib, sd & fwd L to BJO*) ; **{Pivot 3 to SCP}** Bk L pivot ½ RF, fwd R heel lead btwn W's ft cont RF trn rise & stretch R sd, sd & fwd L to SCP LOD ;

**09-12 WEAVE SIX to BJO ; ; FWD FWD/LOCK FWD ; FORWARD FACE CLOSE ;**

**{Weave 6 to BJO}** 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 to CP contg LF trn, sd & bk R*) to BJO DLW ; **{Fwd Fwd/Lock Fwd}** [1,2&3] Fwd R, fwd L/lk Rib, fwd L ; **{Fwd Fc Cl}** Fwd R, sd & fwd L trng RF to fc ptr, cl R to CP WALL ;

**13-16 TWISTY VINE 3 ; MANUEVER PIVOT 2 to WALL ; TWIRL/VINE ; PICK UP SIDE CLOSE to LOD ;**

**{Twisty Vine 3}** Trng RF sd L,-, XRibL, trng LF sd & fwd L LOD to BJO DLW ; **{Manuever Pivot 2 to WALL}** Fwd R trng RF to CP DRW, -, cont RF trn bk L LOD pivot 3/8 RF, cont RF trn fwd R LOD pivot ¼ RF to BFLY WALL ; **{Twirl/Vine}** Raisg jnd ld hnds Sd L, XRib, sd L (*W sd R start trng RF on ball of R under ld hnds, cont RF trn bk L to fc COH, sd R*) to SCP LOD ; **{Pickup Sd Cl to LOD}** Sm fwd R, sd L, cl R (*W trng LF fwd L ifo M, cont trn sd R, cl L*) to CP LOD ;

**PART C**

**01-04 BOX w/ 2 WAYS UNDERARM TURN to RLOD ; ; ; ;**

**{Box w/ 2 Ways Underarm Trn to LOP RLOD}** [CP LOD Ld Ft Free] Fwd L, sd R, cl L ; Bk R raisg ld hnds, sd L, cl R (*W start a wide RF circle under ld hnds L, R, L*) both fcg LOD in a Mod LOP POS ld hnds high ; Fwd L to LOD, fwd & sd R trng ¼ LF, cl L (*W fwd R to LOD, fwd & sd L trng ¼ RF to fc ptr, cl L*) to LOP M fcg W COH [ld hnds still jnd high] ; Fwd R passing ifo W ld hnds still jnd high, fwd & sd L comm trng RF, small sd R cont RF trn point L to R (*W fwd L passing each other M's rt sd ld hnds joint, fwd & sd R comm LF trn under ld hnds, small sd L cont LF trn pnt R to L*) to LOP RLOD ;

**05-08 THRU HOVER to SCP ; THRU FACE BEHIND ; ROLL 3 to SCP ; OP NATURAL ;**

**{Thru Hover to SCP}** Thru L, fwd R w/ rise (*W trns LF*) to fcg ptr, rec L to SCP LOD ; **{Thru Fc Behind}** Thru R, sd L to fc ptr, XRib (*W XLif*) ; **{Roll 3 to SCP}** Start LF trn (*W RF*) sd & fwd L, small sd R cont LF trn, sd & fwd L cont LF trn to SCP LOD ; **{OP Natural}** Thru R stg RF trn, contg RF trn sd L ifo W, bk R (*W fwd L, fwd R btwn M's ft, fwd L*) to BJO RLOD ;

**09-12 OUTSIDE SPIN ; STEP BACK & CHASSE to BJO ; OP NATURAL ; HESITATION CHANGE ;**

**{Outsd Spin}** Stg RF upper bdy trn bk L pvtg ½ RF to fc LOD, fwd R btwn W's ft heel to toe cont trn leavg lft leg xtnd bk & sd, rec L (*W stg RF upper bdy trn fwd R btwn M's ft heel to toe pvtg ½ RF, bk L cont trn brush R to L, fwd R btwn M's ft*) to CP DRW ; **{Bk & Chasse to BJO}** [1,2&3] Bk R trng LF, sd L/cl R, sd & fwd L to BJO DLW ; **{OP Natural}** Fwd R stg RF trn, cont trn sd & bk L, bk R w/ rt sd ld (*W bk L trng RF, fwd R btwn M's ft, fwd L*) to BJO DRC ; **{Hesitation Chng}** [1,2-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

**13-16 TURN LEFT & R CHASSE to BJO ; OP IMPETUS ; THRU CHASSE to SCP ; THRU FACE CLOSE (2<sup>de</sup> & 3<sup>the</sup> TIME:SLOW SIDE LOCK) ;**

**{Trn Left & R Chasse to BJO}** [1,2&3] Fwd L comm LF trn, cont trng LF sd R/cl L, sd & bk R to BJO DRC ; **{Impetus to SCP}** Bk L w/ RF bdy trn, cl R [heel trn] contg RF trn, fwd L (*W fwd R outsd ptr pvtg RF, sd & fwd L contg RF trn arnd M, brush R & fwd R*) to SCP DLC ; **{Thru Chasse to SCP}** [1,2&3] Thru R, sd to fc prt L/cl R, fwd L to SCP LOD ; **{Thru Fc Cl}** Thru R, sd L trn to fc, cl R to CP WALL **{2<sup>de</sup> & 3<sup>the</sup> Time:Slow Sd Lock}** Thru R, fwd & sd L risg trng LF, cl R (*W thru L trng LF, sd R trng LF, lk Lif*) to CP DLC ;

**ENDING**

**01-04 DIAMOND TURN HALF ; ; QUICK DIAMOND 4 ; DIP BACK ;**

**{Diamond Trn ½}** Fwd L comm trng LF, compg ¼ LF trn sd R, bk L to BJO ; Staying in BJO & cont trng LF bk R, compg ¼ LF trn sd L, fwd R DRW ; **{Qk Diamond 4}** [1,2&3] Fwd L stg to trn LF, sd R contg LF trn/bk L compg ¼ LF trn to BJO DLW, bk R to CP LOD ; **{Dip Bk}** [1] Bk L w/ flexed knee ;