

This is the Life QS (Van Acker)

Choreographers: Marcel Van Acker	Release date: 21 January 2017
Belgium (Hemiksem)	Rhythm & Phase: QS VI + Unph Fallaway Twinkles, Topsy Turns
	Music: "This is the life" by Amy Macdonald
	Time & Speed: 03:04 speed as on CD
	Footwork: Opposite except where indicated (W's footwork in parentheses)
E-mail: marcel.icbd@gmail.com	Sequence: ABC ABCmod1 ABCmod2

INTRODUCTION

1 - 2	Wait ; ;	Wait 2 measures in CP DLW with Ld Feet Free ; ;
3 - 4½	Slow Whisk ; , , SSS	Fwd L , - , sd & fwd R , - ; XLIF of R SCP/LOD , - ,
4½ - 10	Fallaway Twinkles ; ; ; ; ; , , Manuver ; SSSSSSSSSSSSSS	Step thru R , - ; fwd L trng RF to fc DRW , - , bk R in SCP (<i>W fwd R btwn M's ft trn RF to SCP</i> , - , <i>bk L in SCP</i>) , - ; bk L start LF trn , - , bk R slip W to BJO cont LF trn (<i>W bk R</i> , - , <i>slip fwd L to BJO</i>) , - ; Fwd L BJO DW , - , fwd R start RF trn , - ; fwd L trn W to SCP trng RF to fc DRW , - , bk R in SCP (<i>W fwd R btwn M's ft trn RF to SCP</i> , - , <i>bk L in SCP</i>) , - ; bk L start LF trn , - , bk R slip W to BJO cont LF trn (<i>W bk R</i> , - , <i>slip fwd L to BJO</i>) , - ; fwd L BJO DW , - , {Manuver} Fwd R commence RF trn , - ;

PART A

1	Sd Cls Bk ; QQS	Cont RF trn sd L , Cls R , bk L , - ;
2	Bk Lk Bk ; QQS	with R sd lead bk R , XLIF , bk R , - ;
3	Rung Finish ; SQQ	Bk L trng RF , fwd R between W's feet , fwd L BJO LOD , -(<i>W fwd R trng RF</i> , <i>bk & sd L</i> , <i>bk R</i> , -) ;
4 - 6	Fwd to Qk Op Rev ~ Slow Hover Corte ; ; ; SSQQ SSS	{Fwd to Qk Op Rev}Fwd R DLC outsd ptr , - , fwd L comm LF trn , - ; Fwd & sd R cont LF trn , cont slight LF trn bk L , {Slow Hover Corte}bk R start LF trn , - ; cont LF trn stp sd & fwd L DLW w/ hovering action , - , bk R in BJO DLW , - ;
7 - 8	Bk R Tipple Chasse Chk Hold ; ; S QQS (S)	Bk L comm RF trn , - , sd & fwd R twd RLOD cont RF trn , cl L to R ; Cont RF trn Fwd R twd RLOD , - , hold , - ;

PART B

1 - 4	Op Impetus ~ Man Sd Cls ~ Pivot to Hairpin ; ; ; ; SSS SQQ SSQQ	{Impetus SCP} Bk L comm RF trn , pull R heel to L , turn RF on L cl R to L , - ; fwd L SCP LOD , -(<i>W fwd R trng RF</i> , - , <i>sd & fwd L around M trng RF</i> , - ; <i>fwd R SCP LOD</i> , -) , {Man Sd Cls} Fwd R turning RF , - ; sd L across LOD cont RF turn , cl R to L fc RLOD in CP , {Pivot to Hairpin} Bk L pvtg ½ RF , - ; fwd R , - , Fwd L strong curve to R with L sd stretch , fwd R outsd ptr chkg on toe in BJO/DRW with L sd stretch ;
5 - 6	Pivot to Rumba Cross w/Db1 Lk ; ; SS QQQQ	Bk L pvtg ½ RF , - , Fwd R pvtg RF , - ; sd & fwd L with L shld leadg with L sd stretch , cross RIB of L trng RF on toes , sd & fwd L , cross RIB of L ;
7 - 8	Wk Scp ~ Thru Ripple Chasse ; ; SS QQS	Fwd L trng to SCP LOD , - , Thru R trng head to R with right sway to closed position , - ; sd L , cl R holding sway , sd & fwd L to SCP straightening sway to end no sway ;

PART C

1 - 3	Thru & Pivot ; to V6 ; ; SS QQS SQQ	(SCP) Fwd R man start pvtg RF , - , Sd & Bk L (<i>W fwd R</i>) man finish pvtg to CP DRW , - ; bk R with R shoulder lead , XLIF of R (<i>W XRIB of L</i>) , Bk R , - ; Bk L , - , Bk R turning LF to fc DW , sd & fwd L DW in BJO ;
4	Man Sd Cls ; SQQ	Fwd R trng RF , - , sd L across LOD cont RF turn , cl R to L fc RLOD ;
5 - 8	Rung R Turn - Rung Finish - Fwd Fwd/Lk Fwd ; ; ; ; SSQQ SQQ SQQS	{Rung R Turn} Bk L pvtg ½ RF , - , fwd R pvtg ½ RF , - ; sd & bk L , with RF trn bk R (RLOD) , {Rung Finish} Bk L trng RF , - ; fwd R between W's feet , fwd L BJO LOD(<i>W fwd R trng RF , bk & sd L , bk R ,</i>) , {Fwd lk step} fwd R , - ; fwd L , XRIB , fwd L , - ;
9 - 11	Pivot 2 ; to V6 ; ; SS QQS SQQ	Fwd R pvtg RF , - , Sd & Bk L pvtg to CP DRW , - ; bk R with R shoulder lead , XLIF of R(<i>W XRIB of L</i>) , Bk R , - ; Bk L , - , Bk R turning LF to fc DW , sd & fwd L DW in BJO ;
12	Man Sd Cls ; SQQ	Part C meas 4
13 - 16	Rung R Turn - Rung Finish - Wk 2 & Fwd to ; ; ; ; SSQQ SQQ SS S	{Rung R Turn} Bk L pvtg ½ RF , - , fwd R pvtg ½ RF , - ; sd & bk L , with RF trn bk R (RLOD) , {Rung Finish} Bk L trng RF , - ; fwd R between W's feet , fwd L BJO LOD(<i>W fwd R trng RF , bk & sd L , bk R ,</i>) , {Wk 2 & Fwd} outsd partner fwd R , - ; fwd L , - , fwd R comm RF trn , - ;
17 - 20	4 Topsy Trns ; ; ; ; QQS QQS QQS QQS	cont RF trn fwd &sd L w/L sway , cl R to L cont RF trn maintain L sway , sd & bk L cont RF trn start to lose sway , - ; cont RF trn sd R LOD w/R sway , cl L to R cont RF trn maintain R sway , fwd R cont RF trn start to lose sway , - ; cont RF trn fwd &sd L w/L sway , cl R to L cont RF trn maintain L sway , sd & bk L cont RF trn start to lose sway , - ; cont RF trn sd R LOD w/R sway , cl L to R cont RF trn maintain R sway , fwd R cont RF trn start to lose sway , - ;
21	Curve 2 ; SS	Curving to Dw fwd L , - , fwd R , - ;
22 - 23	6 Qk Twinkle w/Extra Lk ; ; QQQQQQQ	Sd L , cl R slight LF body turn , XLIB twd DLW , sd & fwd R ; fwd L body trng RF , XRIB , fwd L , XRIB ; (<i>W sd R , cl L slight LF body trn , XRIF twd DLW , sd L ; bk R with rt sd lead , XLIF , bk R , XLIF</i>) ;
24	Wk & Manuver ; SS	outsd partner fwd L , - , Fwd R commence RF trn , - ;

PART Cmod1

1 - 3	Thru & Pivot ; to V6 ; ;	Part C 1-3
4	Man Sd Cls ;	Part C 4
5 - 8	Rung R Turn ~ Rung Finish ~ Fwd Fwd/Lk Fwd ; ; ; ;	Part C 5-8
9 - 11	Pivot 2 ; to V6 ; ;	Part C 9-11
12	Man Sd Cls ;	Part C 12
13 - 16	Rung R Turn ~ Rung Finish ~ Wk 2 & Fwd to ; ; ; ;	Part C 13-16
17 - 20	4 Topsy Trns ; ; ; ;	Part C 17-20
21	Curve 2 ;	Part C 21
22 - 23	6 Qk Twinkle w/Extra Lk ; ;	Part C 22-23
24	Wk & Fwd to ;	Part C 24
25 - 28	4 Topsy Trns ; ; ; ;	Part C 17-20
29	Curve 2 ;	Part C 21
30 - 31	6 Qk Twinkle w/Extra Lk ; ;	Part C 22-23
32	Wk & Man ;	Part C 24

PART Cmod2

1 - 3	Thru & Pivot ; to V6 ; ;	Part C 1-3
4	Man Sd Cls ;	Part C 4
5 - 8	Rung R Turn ~ Rung Finish ~ Fwd Fwd/Lk Fwd ; ; ; ;	Part C 5-8
9 - 11	Pivot 2 ; to V6 ; ;	Part C 9-11
12	Manuver Sd Cls ;	Part C 12
13 - 17	Rung R Trn ~ Rung Finish ~ Fwd Hold ~ Slow Whisk ; ; ; ; ; SSQQ SQQ S(S) SSS	{Rung R Turn} Bk L pvtg ½ RF , - , fwd R pvtg ½ RF , - ; sd & bk L , with RF trn bk R (RLOD) , {Rung Finish} Bk L trng RF , - ; fwd R between W's feet , fwd L BJO LOD (W fwd R trng RF , bk & sd L , bk R ,) , {Fwd Hold} fwd R , - ; - , - , {Slow Whisk} Fwd L , - ; sd & fwd R , - , XLIB of R SCP/LOD , - ;
18 - 23	Fallaway Twinkles ; ; ; ; ; SSSSSSSSSSS	Step thru R , - , fwd L trng RF to fc DRW (W fwd R btwn M's ft trn RF to SCP) , - ; bk R in SCP (W bk L in SCP) , - , bk L start LF trn (W bk R) , - ; bk R slip W to BJO cont LF trn (W slip fwd L to BJO) , - , Fwd L BJO DW , - ; fwd R start RF trn , - , fwd L trn W to SCP trng RF to fc DRW (W fwd R btwn M's ft trn RF to SCP) , - ; bk R in SCP (W bk L in SCP) , - , bk L start LF trn (W bk R) , - ; bk R slip W to BJO cont LF trn (slip fwd L to BJO) , - , fwd L BJO DW , - ;
24 - 26	Manuver ~ Sd Cls Bk ~ Bk/Lk Bk - W to R Hinge ; ; ; S QQS QQS SS(S)	{Manuver} Fwd R comm RF trn , - , {Sd Cls Bk} cont RF trn sd L , Cls R ; bk L , - , {Bk Lk Bk} with R sd lead bk R , XLIF ; bk R , - , {W to Hinge} bk L (W fwd R comm RF trn) , - ; Sd R (W Sd L) , - , - (W XRIB) , - ;

This is the Life Quickstep (Van Acker) - QS VI - Amy Macdonald - 3:04

Intro (10 meas)

CP DLW Ld Ft Free Wait 2 ; ;
Slow Whisk ~ Fallaway Twinkles (6) ~ Man ; ; ; ; ; ; ; ; ; ;

Part A (8 meas)

Sd Cls Bk ; Bk Lk Bk ; Rung Finish ;
Qk Op Rev ~ Slow Hover Corte ; ; ;
Bk R Tipple Chasse Chk Hold ; ;

Part B (8 meas)

Op Impetus ~ Man Sd Cls ~ Pivot to Hairpin ; ; ; ;
Pivot to Rumba Cross w/DbL Lk ; ;
Wk Scp ~ Thru Ripple Chasse ; ;

Part C (24 Meas)

Thru & Pivot ; to V6 ; ; Man Sd Cls ;
Rung R Turn ~ Rung Finish ~ Fwd Fwd/Lk Fwd ; ; ; ;
Pivot 2 ; to V6 ; ; Man Sd Cls ;
Rung R Turn ~ Rung Finish ~ Wk 2 & Fwd to ; ; ; ;
4 Topsy Trns ; ; ; ; Curve 2 ; 6 Qk Twinkle w/Extra Lk ; ;
Wk & Manuver ;

Part A (8 meas)

Sd Cls Bk ; Bk Lk Bk ; Rung Finish ;
Qk Op Rev ~ Slow Hover Corte ; ; ;
Bk R Tipple Chasse Chk Hold ; ;

Part B (8 meas)

Op Impetus ~ Man Sd Cls ~ Pivot to Hairpin ; ; ; ;
Pivot to Rumba Cross w/DbL Lk ; ;
Wk Scp ~ Thru Ripple Chasse ; ;

Part Cmod1 (32 meas)

Thru & Pivot ; to V6 ; ; Man Sd Cls ;
Rung R Turn ~ Rung Finish ~ Fwd Fwd/Lk Fwd ; ; ; ;
Pivot 2 ; to V6 ; ; Man Sd Cls ;
Rung R Turn ~ Rung Finish ~ Wk 2 & Fwd to ; ; ; ;
4 Topsy Trns ; ; ; ; Curve 2 ; 6 Qk Twinkle w/Extra Lk ; ; Wk & Fwd to ;
4 Topsy Trns ; ; ; ; Curve 2 ; 6 Qk Twinkle w/Extra Lk ; ; Wk & Man ;

Part A (8 meas)

Sd Cls Bk ; Bk Lk Bk ; Rung Finish ;
Qk Op Rev ~ Slow Hover Corte ; ; ;
Bk R Tipple Chasse Chk Hold ; ;

Part B (8 meas)

Op Impetus ~ Man Sd Cls ~ Pivot to Hairpin ; ; ; ;
Pivot to Rumba Cross w/DbL Lk ; ;
Wk Scp ~ Thru Ripple Chasse ; ;

Part Cmod2 (26 meas)

Thru & Pivot ; to V6 ; ; Man Sd Cls ;
Rung R Turn ~ Rung Finish ~ Fwd Fwd/Lk Fwd ; ; ; ;
Pivot 2 ; to V6 ; ; Manuver Sd Cls ;
Rung R Turn ~ Rung Finish ~ Fwd Hold ~ Slow Whisk ; ; ; ; ;
Fallaway Twinkles ; ; ; ; ;
Man ~ Sd Cls Bk ~ Bk/Lk Bk ~ W to R Hinge ; ; ;