

WALTZ OF A LIFETIME

Music: Michael English
<https://music.apple.com/us/album/waltz-of-a-lifetime-single/1479194298>
Single Time 3:21 Available from choreographer

Rhythm: Waltz Phase: **IV+2 (Curved Feather+Curving Three Step)**
+1U (Box w/ 2 Way's Underarm Turn)

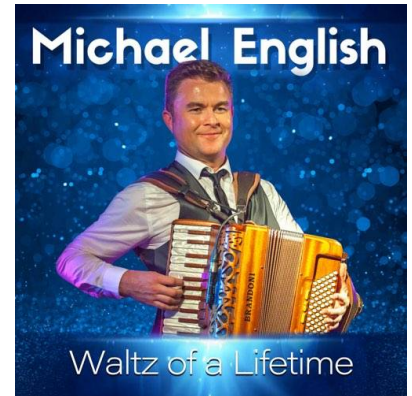
Footwork: Opposite except where (Noted)

Release Date: Nov 20

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Sequence: **INTRO AA B INTRO(2-9) AB END**



INTRO

01-05 CP LOD LEAD FOOT FREE WAIT 1 MEASURE ; BOX w/ 2 WAY'S UNDERARM TURN ; ; ; ;

{Wait} CP LOD ld ft free wt 1 meas ; **{Box w/ 2 Way's Underarm Turn}** Fwd L, sd R, cl L ; Bk R raisg jnd ld hnds, sd L, cl R (*W fwd L startg wide RF circle under jnd hnds, fwd R contg RF trn, fwd L compg RF trn*) to mod LOP LOD [W ahead of M, ld hnds high] ; Fwd L twd LOD then swivel ¼ LF to fc COH (*W fwd R twd LOD then swivel ¼ RF to fc WALL*) to offset LOP-FCG pos, sm sd R, cl L ; Fwd R passing W then swivel RF, contg RF trn sm sd L, compg RF trn cl R (*W fwd L passing M and commg wide LF circle under jnd hnds, sd R contg LF trn, cl L compg LF trn*) to LOP RLOD ;

06-09 THRU TWINKLE to SCP LOD ; MANEUVER ; SPIN TURN ; OP FINISH to DLC ;

{Thru Twinkle to SCP LOD} Thru L (*W Thru R*) to RLOD, fwd R trng ½ LF, cl L to SCP LOD ; **{Maneuver}** Trng RF fwd R ifo W, sd L cont trn, cl R (*W fwd L, R, L*) to CP RLOD ; **{Spin Turn}** 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 ; **{OP Finish}** Bk R com LF trn, contg LF trn sd L to mom CP, compg ½ LF trn fwd R to BJO DLC ;

PART A

01-04 TELEMARK to SCP ; CROSS PIVOT to SCAR ; FORWARD CHECKG/W DEVELOPE ; OP FINISH ;

{Telemark to SCP} Fwd L comm LF trn, sd R w/ a strong LF trn, sd & slightly fwd L (*W bk R comm LF trn, cl L [heel trn], sd & slightly fwd R*) to SCP DLW ; **{Cross Pivot to SCAR}** Fwd R ifo W begin RF trn, sd L cont trn, fwd R (*W fwd L sm stp, fwd R btwn M's ft heel to toe pvt ½ RF, contg trn sd & bk L*) to SCAR DLW ; **{Fwd Ck/W Develope}** [S] Fwd L out lft sd W chkg, -, - (*W bk R, bring L ft up R leg to insd of R knee, extend L ft fwd*) to BJO DLW ; **{OP Finish}** Repeat meas 9 Intro ;

05-08 VIENNESE TURNS ; ; HOVER TELE ; THRU SYNCOPATED VINE ;

{Viennese Turns} 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 ; **{Hover Tele}** Fwd L, fwd R rising & lft shldr ld, sd & fwd L to SCP LOD ; **{Thru Syncop Vine}** [1,2&3] Thru R, sd L/XRib (*W XLib*), sd L to SCP LOD ;

09-12 WEAVE 6 to BJO ; ; MANEUVER ; SPIN TURN ;

{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 ; **{Maneuver}** Repeat meas 7 Intro ; **{Spin Turn}** Repeat meas 8 Intro ;

13-16 BACK & CHASSE to BJO ; CURVED FEATHER ; CLOSED IMPETUS ; OP FINISH ;

{Bk & Chasse to BJO} [1, 2&3] Bk R trng LF, sd L/cl R, sd & fwd L to BJO ; **{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 r sd ld, bk L*) ckg to BJO DRW ; **{Closed Impetus}** Bk L LOD comm RF trn, cl R to heel trn, bk & sd L (*W fwd R btwn M's ft comm RF trn, fwd & sd L cont RF trn, fwd R btwn M's feet*) to CP DLW ; **{OP Finish}** Repeat meas 9 Intro ;

PART B

01-04 CURVING THREE STEP Checkg ; OUTSIDE CHECK ; IMPETUS to SCP ; THRU CHASSE to SCP ;

{Curving Three Step Chckg} Fwd L stg to trn LF, contg LF trn sd & fwd L, contg LF trn fwd R to CP DRC Checkg ; **{Outsd Check}** Bk R trng LF, sd & fwd L, ck fwd R to BJO DRW Checkg ; **{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 ptr L/cl R, fwd L to SCP LOD ;

05-08 IN & OUT RUNS ; ; OP NATURAL ; HESITATION CHANGE ;

{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 ; **{OP Natural}** Thru R stg RF trn, contg RF trn sd L ifo W, bk R (*W fwd L, fwd R btwn M's feet, fwd L*) to BJO RLOD ; **{Hesitation Chng}** [1,2-] Trng upper bdy RF bk L, sd R contg RF trn, draw L to CP DLC ;

09-12 DIAMOND TURN/W INSIDE TURNS ; ; ; ;

{Diamond Turn/W Insd Turns} Fwd L trng LF, compg ¼ LF trn sd R, bk L to BJO DRC ; Staying in BJO & trng LF bk R raisg ld hnds, 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 9-10 Part B to BJO DLW & DLC ; ;

13-16 OP REVERSE TURN ; HOVER CORTE ; SLOW OUTSIDE SWIVEL ; PICK UP SIDE CLOSE to LOD ;

{OP Reverse Turn} Fwd L com LF trn, trng LF sd R, bk L compg 3/8 LF trn (*W bk R comm LF trn, cl L [heel trn], fwd R outsd ptr*) to BJO RLOD ; **{Hover Corte}** Bk R, trng LF sd & fwd L LOD leavg R leg ipl, compg ½ LF trn rec R (*W fwd L, trng LF sd & fwd R & brush L to R, fwd L*) to BJO DLW ; **{Slow Outsd Swivel}** [1,-] Bk L trng body RF, allow R to draw bk slightly ifo L (*W fwd R, swivel RF*) to SCP LOD, - ; **{Pick Up Sd Cl}** Sm fwd R, sd L, cl R (*W trng LF fwd L ifo M, cont trn sd R, cl L*) to CP LOD ;

ENDING

01-04 OP REVERSE TURN ; HOVER CORTE ; SLOW OUTSIDE SWIVEL ; THRU SYNCOPATED VINE & WAIT-;

{OP Reverse Turn} Repeat meas 13 Part B ; **{Hover Corte}** Repeat meas 14 Part B ; **{Slow Outsd Swivel}** Repeat meas 15 Part B ; **{Thru Syncop Vine & Wait-}** Repeat meas 8 Part A & wait-;

05-06 THRU to a PROMENADE SWAY ; CHANGE to OVERSWAY ;

{Thru to a Promenade Sway} Thru R (*W thru L*), sd & fwd L twds DLC, stretch R sd gradually to look over the jnd ld-hnds usg full meas ; **{Chng to Oversway}** With no chg wgt relax L knee keepg R leg xtnd w/ slight LF upper bdy trn & stretch L sd both w/ hd well to L (*W relax R knee & w/ LF upper bdy trn slowly change hd from R to L usg full meas*) ;