A LONG AND LASTING LOVE

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MUSIC: “A Long and Lasting Love”, Jennylyn Mercado, Love Is?, Available as download from Amazon (slow 7-8%, or as desired)
RHYTHM: Slow Two Step
PHASE: PH V+2 (fallaway ronde & slip & same foot lunge) +2 (the square, & traveling right turn w/ outside roll) Average Difficulty
FOOTWORK: Opposite, unless otherwise noted (W’s footwork in parentheses)
SEQUENCE: INTRO A B A B A (1-11) ENDING

INTRODUCTION

1-4 LOW BFLY LOD WAIT;; 2 TRAVELING CROSS CHASSES TO FACE WALL;;
   1-2  [wait] Low BFLY LOD ld feet free wait;;
   3-4  [2 traveling x chasses] W/ hnds at waist level elbows in fwd L trng slightly LF, -, sd & fwd R, XLIF (W bk R slight LF trn, -, sd & bk L, XRIF); Fwd R trng slightly RF, -, sd & fwd L, XRIF to fc WALL (Bk L trng slightly RF, -, sd & bk R, XLIF);

5-8 UNDERARM TURN; OPEN BREAK; CHANGE SIDES UNDARM TO CP; FALLAWAY RONDE & SLIP;
   5  [undarm trn] Sd L, -, XRIB, rec L (Sd R comm to trn RF under lead arms, -, XLIF trng to fc RLOD, fwd R trng to fc ptr);
   6  [op brk] Sd R, -, rk apt L, rec R;
   7  [chg sds] Fwd L spiraling LF ½ & leading W to trn LF under joined hnds, -, sd R to fc COH, XLIF (Fwd R spiraling LF ½ und joined hnds to fc ptr, -, sd L fcg ptr & WALL, XRIF);
   8  [fallaway ronde & slip] blending to CP sd & bk R to SCP w/ ronde leading lady to ronde to SCP, -, XLIB, bk slipping lady to CP RLOD (Sd & bk L w/ ronde, -, XRIB, fwd L to CP);

9-11 CORTE & REC; LEFT TURN INSIDE ROLL; BASIC ENDING TO BFLY;
   9  [corte & rec] Dip bk L, -, rec R, -;
  10  [left trn inside roll] Fwd L trng LF to fc WALL, -, sd R, XLIF (Bk R trng LF ¼, -, sd L trng LF und lead arms, sd R to fc ptr);
  11  [basic ending BFLY] Sd R, -, XLIB, rec R to BFLY (Sd L, -, XRIB, rec L);

PART A

1-4 LUNGE BASIC; SWEETHEART WRAP/LADY IN 2; SWEETHEART RUNS TO;;
   1  [lunge basic] Sd L, -, rec R, XLIF (Sd R, -, rec L, XRIF);
   2  [sweeetheart wrap/lady in 2] Sd R, -, XLIB leading W to trn LF, rec R wrapping lady to fc LOD (Sd L, -, XRIF trng LF, -);
   3-4  [sweeetheart runs] ln wrapped pos same ft free fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R curving RF;

5-8 SWEETHEART SWITCH; LADY ACROSS TO SHADOW; SHADOW REVERSE TRN;;
   5  [sweeetheart switch] Trng RF fwd & sd L across W both spinning RF to fc LOD W now on M’s L sd, -, fwd R, fwd L (Trng RF fwd & sd L in wrapped trng RF to L wrap pos LOD, -, fwd R, fwd L);
   6  [lady across to shad DLC] Sm stp fwd R moving lady across body, -, fwd L, fwd R blending to SHAD DLC (Fwd R across M, -, fwd L, fwd R to SHAD DLC);
   7-8  [SHAD rev trn] In SHAD w/ same ft work fwd L trng LF, -, cont trn sd & bk R, bk L to fc RLOD; Bk R trng LF, -, cont trn sd & fwd L, fwd R to SHAD DLW;
PART A (CONTINUED)

9-11 SHADOW WHISK; FWD SIDE CLOSE/LADY RIGHT ROLL 2 TO CP; SWAY LEFT & RIGHT:

9  {shad whisk} Fwd L, -, sd R, XLIB to whisk line feg LOD;
10  {fwd sd cl/lady R roll 2 to CP} Fwd R, -, sd L, cl R to CP WALL (Trng RF fwd R trng to fc RLOD, -, bk L trng RF blending to CP, -);
11  {sway L & R} Sd L w/ L sd stretch, -, sd R w/ R sd stretch, -;

12-15 OPEN BASICS;; SWITCHES TO;;
12-13 {open basics} Sd L, -, trng to left ½ OP brk bk R, rec L to cuddle pos; Sd R, -, trning to ½ OP brk bk L, rec R preparing to fold across lady;
14-15 {switches} Crossing IF of W sd & Bk L trng RF, -, cont trng fwd R, fwd L toing twd ptr to L 1/2 OP (Fwd R betw M’s feet, -, fwd L, fwd R prep to XIIF of M); Fwd R betw W’s feet, -, fwd L, fwd R (Crossing IF of M sd & bk L trng RF, -, cont trng fwd R to ½ OP, fwd L toing twd ptr to 1/2 OP);

16-19 THE SQUARE;;;
16-19 {the square} Like a switch sd L crossing IF of W, -, trng RF sd R twd COH in L ½ OP, XLIB of R (Fwd R, -, sd L twd COH, XRIF of L starting to XIF of M); Fwd R, -, sd L twd RLOD, XRIF of L starting to XIF of W (Like a switch sd L crossing IF of M, -, trng RF sd R twd RLOD in ½ OP, XLIB of R); Like a switch sd L crossing IF of W, -, trng RF sd R twd WALL in L ½ OP, XLIB of R (Fwd R, -, sd L twd WALL, XRIF of L to XIF of M); Fwd R, -, sd L twd LOD, XRIF; (Like a switch sd L crossing IF of M, -, trng RF sd R twd LOD in ½ OP, XLIB of R);

20-22 SIDE BASIC; FALLAWAY RONDE & SLIP; CORTE & RECOVER;
20  {sd basic} Sd L blending to CP, -, XRIB (W XLIB), rec L;
21  {fallaway ronde & slip} Sd & bk R w/ ronde leading lady to ronde to SCP, -, XLIB, bk slipping lady to CP DLC (Sd & bk L w/ ronde, -, XRIB, fwd L to CP);
22  {corte & rec} Dip bk L, -, rec R, -;

PART B

1-4 TRIPLE TRAVELER;;; OPEN BREAK;
1-3 {triple traveler} Fwd L trng LF to fc COH, -, sd R, XLIB (Bk R trng LF ¼, -, sd L trng LF und lead hnds, sd R cont trng LF to fc ptr); Sd & fwd R spiraling LF und jnd hnds, -, hnds extended LOD fwd L, R (Trng to fc LOD fwd L, -, fwd R, fwd L); Fwd L bringing hnds down & bk starting circular motion, -, fwd R bringing hnds up around leading W to roll RF, XLIB to fc COH (Fwd R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwd R toing to ptr);
4  {op brk} Sd R, -, rk apt L, rec R;
5-8 CHANGE SIDES UNDERARM; BASIC ENDING; LUNGE BASICS TO;;
5  {chg sds underarm} Fwd L spiraling LF ½ & leading W to trn LF under joined hnds, -, sd R to fc WALL, XLIB (Fwd R spiraling LF ½ und joined hnds to fc ptr, -, sd L feg ptr & COH, XRIF);
6  {basic ending} Sd R, -, XLIB, rec R to BFLY (Sd L, -, XRIB, rec L);
7-8 {lunge basics} Sd L, -, rec R, XLIB; Sd R, -, rec L, XRIF raising ld hd preparing to lead W to comm lace across (Sd R, -, rec L, XRIF; Sd L, -, rec R, XRIF preparing to cross IF of M DLC);
PART B (CONTINUED)

9-12 CROSS HOVERS 4X TO LOD END FACING WALL;

9-12 {X hovs 4X to LOD end fcg WALL} Crossing beh W fwd L twd DLW, -, sd & fwd R W/ rise to fc DLC, rec L; Crossing beh W fwd R, -, sd & fведущ L w/ rise to fc DLW, rec R; Crossing beh W fwd L twd DLW, -, sd & fwd R w/ rise to fc DLC, rec L; Crossing beh W fwd R, -, sd & fwd L to fc WALL, slightly fwd XRIF to fc WALL; (Crossing IF of M und ld hnd fведущ W R, -, sd & fведущ L w/ rise to fc DLC, rec R; Crossing IF of M und ld hnd fведущ L, -, sd & fwd R w/ rise to fc DLC, rec L; Crossing IF of M und ld hnd fведущ W R, -, sd & fwd L w/ rise to fc DLC, rec R; Crossing und ld hnd fведущ L comm to fc M, -, sd & fwd R to fc ptr, XLIF to fc ptr & COH); [ progresses LOD]

13-16 UNDERARM TURN; BASIC ENDING; TRAVELING RIGHT TURN; OUTSIDE ROLL TO BFLY;

13 {undarm trn} Sd L, -, XRIB, rec L (Sd R comm to trn RF under lead arms, -, XLIF trn to fc RLOD, fwd R trn to fc ptr);

14 {basic ending} Blending to CP sd R, -, XLIB, rec R comm RF trn;

15 {traveling R trn} Cont trn RF crossing IF of W sd & bk L to fc RLOD, -, XRIB, twist trn RF 5/8 on both ft to fc DLW shifting wgt to L to fc DLW (Fwd R betw M’s ft, -, fwd L, fwd R around M to BJO);

16 {outside roll} Fwd R trn slightly RF to fc WALL & raising ld hnds to lead W to trn RF, -, sd L, XRIF to fc ptr & WALL (Trn RF bk L to fc ptr, -, cont trn RF und jnd ld hnds fwd R trn RF to fc RLOD, bk L trn RF to fc M);

REPEAT A
REPEAT B
REPEAT A (1-11)

ENDING

1-3+ TWIST VINE 3; NATURAL PREPARATION FC COH; HOLD 2 & LOWER TO SAME FOOT LUNGE; [HOLD AS MUSIC FADES]

1 {twist vine 3} Sd L, -, XRIB, sd L (Sd R, -, XLIF, sd R);

2 {nat prep to fc COH} Fwd R crossing IF of W to fc RLOD, -, bk L LOD trn RF, tch R to L to fc COH with slight R sd stretch opening W’s head (Bk L trn RF to CP, -, fwd R trn RF, cl L rising to toes to CP trn slightly to DRW);

3+ {hold 2 & lower to same ft lunge} Hold, -, lowering on L reach R sd & slightly fwd, push transferring wgt to R w/ soft knee about word “love” (Hold, -, reach bk with R toe well under body, take wgt on R head well to left); [timing of last meas. is approximate]