CHARMED LIFE

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Phase: Foxtrot, Phase IV+2 (Top Spin, Natural Weave)  Difficulty: Above Average

Footwork: Directions for man (woman as noted)

Timing: SQQ, except where noted. Timing reflects actual weight changes.

Sequence: Intro, A, B, C, B(1-8), D January 2016

- INTRO -

1 - 4 WAIT; LADY ROLL TO SKATERS MAN ROCK; BACK CURVED WALK 3 CKG; FEATHER DRW;

1 [Wait] LOP f cg DLC Lady on Man’s left side, inside hnds jnd, lead ft free pntd sd, looking at ptrnr;

SS (QQS) 2 [Man rk 2 Lady roll to skaters] Rk sd L leading lady to roll RF in front,-, rk sd R as lady finishes roll to skaters pos f cg DLC both w/L ft free ,-; (Comm RF trn fwd R twd ptrnr, cont trn fwd & sd L, cont trn sd R to skaters pos,-;)

3 [Bk curved walk 3 ckg] Maintain skaters pos both comm RF {CW} trn bk L,-, cont trn bk R, bk L chkg in sktr f cg DRW;

4 [Feather DRW] Both fwd R,-, fwd L, fwd R twd DRW;

- A -

1 - 4 FORWARD TURNING HOVER TO DLC; FEATHER; REVERSE WAVE LOOK L AND LOOK R;;

1 [Fwd trng hover] Fwd L in skaters comm LF trn,-, cont trn fwd & sd R w/rise, cont trn fwd & sd L w/L side lead twd DLC in skaters;

2 [Feather] In skaters fwd R,-, fwd L, fwd R DLC;

3-4 [Rev wave] Comm LF trn in skaters fwd L starting LF body trn,-, sd R, bk L bkg DLW; {NOTE: Look L matching the words in the music “look left”} Cont in skaters bk R,-, bk L, bk R curving LF to end bkg LOD; {NOTE: Look R matching the words in the music “look right”}

5 - 8 BACK CURVED WALK 3 CKG; MAN CHASSE LADY TURN RIGHT TO SCP; NATURAL WEAWE TO;;

5 [Bk curved walk ckg] Repeat Intro, meas. 3, to f é LOD;

6 [Man chasse lady trn to SCP] Fwd R releasing skaters hold trng slightly RF,-, sd L/clsf R to L, fwd & sd L to SCP DLW; (Fwd R comm RF trn,-, cont trn fwd L to f ct ptrnr in SCP, sd & fwd R SCP;)

SOQQ (SQQ) 7-8 [Natural weave] Fwd R comm RF trn,-, sd L with L sd stretch, bk R preparing to lead lady outside ptrnr; w/R sd stretch bk L in CBMP, bk R comm LF trn passing through CP, sd & fwd L, fwd R in BJO DLW; (Fwd L,-, fwd R movg thru temp CP, fwd L BJO; Fwd R BJO, fwd L comm. LF trn passing thru CP, sd R trng LF, bk L BJO DLW;)

QQQQ 9 - 12 TOP SPIN 2 TIMES & OVERTURN THE 2nd TO BJO DLC;; TELEMARK TO SCP; CHAIR AND SLIP PIVOT DLC;

9 [Top spin] /Beginning during the latter portion of the last beat of the previous figure/ on ball of right foot spin LF keeping left leg extended back; Bk L in CBMP, bk R trng LF, w/L SD stretch sd & fwd L trng LF, w/L sd stretch fwd R in BJO DRC;

[/&]QQQQ [Beginning during the latter portion of the last beat of the previous figure] on ball of left foot spin LF keeping right leg extended forward; Fwd R in CBMP, fwd L trng LF, w/R sd stretch sd & bk R trng LF, w/R sd stretch bk L in BJO;

10 [Top spin OT’d] Repeat Meas. 9 except slightly overtur to end BJO DLC;

11 [Telemark to SCP] Fwd L comm trn LF,-, sd R cont LF trn, sd and slightly fwd L to SCP DLW; (Bk R comm trn L bringing L to R with no weight,-, trn LF on R heel [heel turn] chg weight to L, sd and slightly fwd R to SCP;)

12 [Chair & slip pivot DLC] Chk thru R,-, rec L [no rise], w/LF upper body trn slip R in bk of L cont turn LF to CP DLC; (Ck thru L,-, rec R [no rise], swvl LF on R and fwd L CP;)
13-16  TELEMARK TO SCP; CHAIR & SLIP DLW; 3 STEP; HALF NATURAL;
13  [Telemark to SCP] Repeat meas 11;
14  [Chair & slip DLW] Repeat meas 12 but w/no trn on the slip to fc DLW in CP;
15  [3 Step] Fwd L, R, L w/heel lead on steps 1 and 2. (Bk R,L,R,) Ending CP DLW
16  [Half natural] Fwd R,-, sd L across LOD; bk R bkg LOD; (Bk R L,-, cls R [heel trn] cont trn, fwd L CP:)

- B -

1 – 4  JAZZY BACK RUN 4 PVTG; FORWARD RIGHT LUNGE QUICK CHANGE SWAY; PROMENADE SWAY & CHANGE SWAY; SIDE BEHIND & SLIP FC COH;
QQQQ  1  [Jazzy bk run 4 pvtg to LOD] Use contra body shaping in CP bk L w/R shldr lead, bk R w/L shldr lead, bk L w/R shldr lead, bk R toed in trng LF to fc DLW in CP; (Fwd R w/L shldr lead, fwd L w/R shldr lead, fwd R with L shldr lead, fwd L pvtg LF;)
SS{&}  2  [Fwd R lunge Qk chg sway] Slow fwd L flexing L knee,-, sd & slightly fwd R DLW,-/qk chg sway at highlite
S-   3  [Promenade sway change sway] Shift wt to lead feet in SCP- stretching R (L) sd leaving trailing legs extended,-, relax lead knees & chg stretch to L(R) sd (lady look to L)-; CP DLC
  4  [Side behind & slip fc COH] SD R (L)-, XLIBR (XRIBL), slip R(L) to COH in CP;

5-8  HOVER TO SCP DRW; CHAIR & SLIP FACE WALL; SIDE CLOSE 3 TIMES WITH FEATHER ENDING;
5  [Hvr to SCP DRW] Fdw L,-, fwd & slightly sd R rising to ball of foot w/slight LF trn, SD & slightly fwd L to SCP DRW; (Bk R,-, bk & slightly SD L rising to ball of foot w/slight LF trn, SD & slightly fwd R;)
6  [Chair & slip fc Wall] Repeat Part A meas 12 w/slight LF trn ending CP fchg wall;
7-8  [Side close 3X w/fthr ending] In CP {stay on ball of ft w/relaxed knees for 7 steps} sd L, cls R, sd L, cls R; sd L, cls R, sd & fwd L preparing to step outside ptrnr, fwd R BJO DLW;
QQQQ QQQQ

9-12  3 STEP; OPEN NATURAL; OUTSIDE CHANGE TO SCP; OPEN NATURAL;
  9  [3 Step] Blndng from BJO to CP repeat Part A meas 15;
10  [Open natural] Comm RF upper body trn fwd R,-, sd L across LOD, cont slight RF upper body trn bk R
11  [Outside chg to SCP] Bk L,-, bk R trng LF, sd & fwd L to SCP; (Fwd L,-, fwd L trng LF, sd & fwd R to SCP;)
12  [Open natural] Man repeat Part B meas 10; (Thru L,-, fwd R to CP, fwd L BJO;)

13-16  OUTSIDE CHANGE TO SCP; CHAIR & SLIP DLC; REVERSE TURN 3; BACK & CHASSE TO SCP DLC;
13  [Outside chg to SCP] Repeat Part B meas 11;
14  [Chair & slip pivot DLC] Repeat Part A meas 12 ending in CP DLC;
15  [Reverse trn 3] Fwd L starting LF body trn,-, sd R cont trn, bk L CP bkg LOD; (Bk R starting LF trn,-, cls L to R [heel turn] cont trn, fwd R to CP;)
SQ&Q  16  [Trn chasse to SCP DLC] Comm LF trn bk R,-, cont trn sd & fwd L/cl L to R, sd & fwd L in SCP DLC;
                (Comm LF trn fwd L,-, cont trn sd R/cl L to R, sd & fwd R in SCP;)
                -C-

1 - 4  FEATHER; REVERSE TURN; 3 STEP;
  1  [Feather] Fwd R,-, fwd L, fwd R BJO; (Thru L trng LF,-, sd & bk R, bk L BJO;
2-3  [Full rev trn] Fwd L starting LF body trn,-,sd R cont trn, bk L CP; Bk R cont LF trn,-, sd & slightly fwd L DLW, fwd R BJO; (Bk R starting LF trn,-, cls L to R [heel turn] cont trn, fwd R CP; Fwd L cont LF trn,-, sd R, bk L BJO DLW;)
5-8  FORWARD R & LEFT CHASSE SCAR; BACK R & CHASSE BJO; HALF NATURAL; HESITATION CHANGE DLC;

SQ&Q 5 [Fwd R & left chasse SCAR] Fwd R trng RF,-, sd L LOD/cls R to L, sd L w/slight RF trn to fc DRW SCAR; (Bk L trng RF,-, sd R LOD/cls L to R, sd R trng to SCAR;)

SQ&Q 6 [Back & chasse BJO] Bk R trng LF,-, sd L down LOD/cls R to L, sd L trng to BJO DLW; (Fwd L trng LF,-, sd R LOD/cls L to R, sd R trng to BJO;)

7  Half natural] Repeat Part A meas 16;

SS 8 [Hes chg DLC] Comm RF upper body trn bk L,-, sd R cont RF trn drawing L to R,-; (Comm RF upper body trn fwd R,-, sd L cont RF trn drawing R to L,-) CP DLC

9-12  FORWARD HOVER RECOVER; BACK HOVER RECOVER; FORWARD TWIST VINE 8;;

9  [Fwd hover recover] Fwd L ,-, fwd R w/slight rise, rec L; (Bk R,-, bk L w/slight rise, rec R;) CP DLC

10  [Bk hover recover] Bk R,-, bk L w/slight rise, rec R; (Fwd L,-, fwd R w/slight rise rec L;) CP DLC

11-12  [Fwd twist vine 8] Fwd L, trn LF sd R BJO, beh L, trng RF sd R SCAR; Fwd L, sd R, beh L BJO, sd R; (Bk R, trng LF sd L BJO, in front R, trn RF sd L SCAR; Bk R, sd L, front R BJO, sd L;) CP DLC

13-16  QUICK WEAVE 8;; 3 STEP; HALF NATURAL;

13-14  [Qk weave 8] Fwd L comm LF trn, sd & bk R BJO, bk L, bk R; Bk L, bk R comm LF trn, cont trn sd & fwd L, fwd R BJO DLW; (Bk R comm LF trn, sd & fwd L, fwd R outside ptr, fwd L; Fwd R outside ptr, fwd L comm. LF trn, sd & bk R cont trn, bk L BJO;)

15  [3 Step] Repeat Part A meas 15; CP DLC

16  [Half natural] Repeat Part A meas 16; CP Bkg LOD

REPEAT B meas. 1-8

-D-

1-2  FORWARD TWIST VINE 4 LADY IN 5 TO SKATERS;;

1-2  [Fwd twist vine 4 twd DLW lady in 5 to sktr] Fwd L bld to loose CP, sd R w/LF body trn, beh L, ,; Sd R while Lady trns & steps,,-,,-; (Bk R, sd L, XRF, sd L pvtg RF to fc DLC; Sd R to skaters pos, -, hold,-;) {Both have L feet free}

3-6  REVERSE WAVE WITH LOOKS L & R;; BACK CURVED WALK 3 CKG; MAN CHASSE LADY TURN RIGHT TO SCP;

3-4  [Rev wave] Repeat Part A meas 3 & 4;;

5  [Bk curved walk 3] Repeat Part A meas 5;

6  [Man chasse lady trn to SCP] Repeat Part A meas 6;

7-10  NATURAL WEAVE TO;; TOP SPIN 2 TIMES BJO DLW;;

SQ 7-8  [NatrI weave] Repeat Part A meas 7 & 8;;

QQQQ 9-10  [Top spin 2X BJO DLW] Repeat Part A meas 9 & 10 to BJO DLW (no overturning);;

[&]QQQQ [&] QQQQ

11-14  3 STEP; HALF NATURAL; IMPETUS TO SCP; CROSS BODY BFLY;

11  [3 Step] Repeat Part A meas 15;

12  [Half natural] Repeat Part A meas 16;

13  [Impetus to SCP] Comm RF upper body trn bk L,-, cls R to L [heel turn] cont RF trn, fwd L SCP DLC; (Comm RF upper body trn fwd R between man's feet pvtg RF,-, sd & fwd L cont trn around man brush R to L, fwd R SCP;
[Cross body] Thru R lowering lead hnds slightly & releasing R arm hold to lead ptnr across twd DLC, -, small step_fwd L comm slight LF trn, cont trn to fc COH sd R low BFLY; (Thru L, -, comm LF trn fwd & sd R across man, cont trn to fc ptnr & wall sd L low BFLY;)

15-19 THRU & VINE 2; SIDE LADY WRAP IN 2; SWAY LEFT & RIGHT; MAN HOLD LADY SWITCH WRAP 2 TIMES; HOLD & LAYBACK;


16 [Sd Lady trn to wrap] Comm raising arms leading ptnr to trn under LF sd R, -, hold as ptnr completes trn under to tight wrap feg COH looking at lady, hold; (Comm LF trn under man’s arms sd L, -, cont trn sd R to wrapped pos feg COH, hold;)

SS 17 [Sway L & R] Maintaining wrap pos sway L by stretching L sd & moving to L foot, -, sway R by stretching R sd & moving to R foot, -;

SS 18 [Qk switch wrap 2X] Man hold on R loosening wrap allowing Lady to move from his R sd to his L sd and back to R sd, -, -; (Sd L switching from man’s R arm to L arm, shift to R switching back to man’s R arm continuing to fc COH but looking at ptr, -;

19 [Hold & Layback] Hold pos lowering slightly w/slight sway stretching L sd looking at ptnr as music fades;

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