IL MEGLIO DELLA VITA

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RELEASED: May 2016
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MUSIC: Il Meglio Della Vita, instrumental
SOURCE: Casa Musica    slowed 5%
RHYTHM/PHASE: Waltz, phase V + Same Foot Lunge
FOOTWORK: Opposite unless indicated (W’s footwork in parentheses)
SEQUENCE: INTRO A B A A B A END

INTRO

1-4 OP FCG DRW WAIT;; STP TOG TCH CP; BOX FIN DLW;
3 Op fcg pos, DRW, wait;; fwd L to CP, tch R, -;
4 {BOX FIN} Bk R comm LF trn, sd L cont LF trn, cl R DLW;

5-6 CHNG OF DIR; DBL REV SPN LOD;
5 12- {CHNG OF DIR} Fwd L, fwd R DLW R shldr ldg trn LF stg to draw L to R, cont drawing L to R LOD;
6 12- {DBL REV SPN} Fwd L comm LF trn, sd R [3/8 LF trn btw stps1 and 2], spin up to 1/2 LF btw stps 2 and 3 on (12&3) ball of R bringing L ft undr bdy bsd R no wgt flexed knees to fc LOD, -(Bk R comm to trn LF, L ft clss to R heel trn 1/2 LF btw stps 1 and 2/sd and slightly bk R cont LF trn, XLif of R);

PART A

1-4 VIEN TRNS;; TRN L & R CHASSE TO BJO; OUTSD CHG TO BJO;
1-2 {VIEN TRNS} Fwd L comm LF trn, sd R cont LF trn, XLif of R (Bk R comm LF trn, sd L cont LF trn, cl R to L); bk R cont LF trn, sd L cont LF trn, clse R to L. (fwd L cont LF trn, sd R cont LF trn, XLif of R);
3 12&3 {TRN L & R CHASSE, BJO} Fwd L comm LF upper bdy trn, sd R cont trn/clss L, sd R comp trn to BJO;
4 {OUTSD CHG BJO} Bk L, bk R trn LF, sd and fwdL w/L sd ldg to BJO DLW;

5-8 OP NAT TRN; OUTSD SPN; R TRNGLK; SLO SD LK DLC;
5 {OPN NAT TRN} Fwd R comm RF upper bdy trn, sd L acrs LOD, cont slight RF upper bdy trn to ld ptr to stp outsld bk R w/ R sd ldg to BJO (Thru L, fwd R to CP, fwd L w/contra bdy mvt);
6 {OUTSD SPN} In BJO prep to ld W outsld ptrt comm RF bdy trn toing in w/R sd ld bk L in CBMP sm stp 3/8 trn to R on stp 1, fwd R in CBMP heel to cont to trn RF, [3/8 RF trn btw stps 2 and 3] sd and bk L to end in CP 1/4 RF trn on 3 to fc RLOD (Comm RF bdy trn w/L sd ld staying well in the M’s R arm R ft fwd in CBMP outsld ptrt heel toe, L ft cls to R ft on toes of bth feets 5/8 trn btm stps 1 and 2, cont to trn RF 1/4 btm stps 2 and 3 fwd R btm M’s ft to end in CP 1/8 RF trn on stp 3);
7 1&23 {R TRNGLK} Bk R bkg LOD w/R sd ld comm to trn RF/XLif of R to fc COH, w/sligt L sd stretch cont to trn upper bdy RF sd and fwd R btm W’s ft cont to bdy trn RF, fwd L to SCP (Fwd L w/L sd ld comm to trn RF/XRifb of L, w/sligt R sd stretch fwd and sd L staying well into the M’s R arm cont to trn RF, fwd R to SCP);
8 {SLO SD LK} Thru R, sd and fwd L to CP, XRifb of L trn slightly LF to DLC (thru L stg LF trn, sd and bk R cont LF trn to CP, XLif of R);

9-12 MINI TELESPN DRC;; CONTRA CHK SWTCH DLW; OP NAT TRN;
9 123 {MINI TELESPN} Fwd L comm to trn LF, sd R trng 3/8 LF btm stps 1 and 2, bck and sd L no wgt light pressure insd edge of toe keeping L sd in to W/trn bdy LF no wgt to ld W to CP comm spin LF (Bk R comm to trn LF, L ft clss to R heel trn 1/2 LF btm stps 1 and 2, fwd R keeping R sd in to M/fwd L trn LF bfd ptr hd to the R);
10 &123 Fwd L cont spn LF on L to fc DRC drawing R to L undr bdy, cl R flexing knees, - (fwd R to CP hd to the L spng LF drawing L to R undr bdy, cl L flexing knees,-);
11 {CONTRA CHK AND SWTCH} Comm LF upper bdy trn flexing knees w/strong R sd ld ck fwd L in CBMP, rec R comm strong RF trn leaving L ft almost in plc, cont strong RF trn bk L soft knees thruout w/up to 5/8 RF trn (Comm upper bdy trn to the L flexing knees w/strong L sd ld bk R in CBMP looking well to the L, rec L comm RF trn leaving R ft almost in plc, cont RF trn fwd R btm M’s ft w/soft knees thruout w/up to 5/8 RF trn);
12 [OPN NAT TRN] Fwd R comm RF upper bdy trn, sd L acrs LOD, cont slight RF upper bdy trn to ld ptr to stp outsdl bk R w/R sd ldg to BJO (Comm RF upper bdy trn bk L, sd R acrs LOD, fwd L outsdl ptr w/L sd ldg to BJO);

13-14 **BK PREP FOR SAME FT LUN**;

13 12- [STP BK & PREP] Bk L comm RF trn twd DLC in CP, xtd R ft to sd no wgt, - (Fwd R trng RF, cont RF trn to fc DRW in SCP cl L, -);

14 1-- [SAME FT LUN] Sd and slightly fwd R looking R [w/R sd stretch], - (Bk R well undr bdy trng bdy LF and looking well to L, -);

15-16 **TELESPN ENDG TO SCP DLW; THRU CHASSE TO SCP**;

15 123 [TELESPN ENDG TO SCP] taking full wgt on L spn LF [no sway], sd R cont LF trn [no sway], cont LF trn sd (1&23) and fwd L to SCP DLW [w/R sd stretch] (fwd L/fwd R comm LF toe spn, cont toe spn cl L, sd & fwrd R to SCP [w/R sd stretch]);

16 12&3 [THRU CHASSE TO SCP] Thru R comm trn to fc, sd L/cl R, sd L to SCP;

**PART B**

1-4 **NAT HVR X; SYNC ENDG; DBL REV SPN DLW; CONTRA CK**;

1 [NAT HVR X] Fwd R DLW comm to trn RF, sd L w/L sd stretch [1/4 RF trn btwn stps 1 and 2], cont RF trn sd R SCAR[1/2 RF trn btwn stps 2 and 3 bdy trns less fcf DLC][Bk L comm to trn RF, R ft cls to L heel trn w/R sd stretch trng RF 3/8 btwn stps 1 and 2, cont RF trn sd L [3/8 RF trn bwt sn stps 2 and 3] to SCAR];

1&23 [SYNC ENDG] w/R sd stretch fwd L acrs R on toe/rec R, w/L sd ld sd and fwr L, w/L sd stretch fwd R in BJO (w/L sd stretch bkr R acrs L on toe/rec L, cl R to L, bk L in BJO);

2 12- [DBL REV SPN] Fwd L comm LF trn, sd R [3/8 LF trn btwn stps 1 and 2], spin up to 1/2 LF btwn stps 2 and 3 on (12&3) ball of R bringing L ft undr bdy bsd R no wgt flexed knees to fc LOD, -(Bk R comm to trn LF, L ft cls to R heel trng [1/4 LF btwn stps 1 and 2] to R sd stretch [1/4 LF btwn stps 1 and 2] and slightly bk R cont LF trn, XLif of R);

3 1-- [CONTR CK] Comm LF upper bdy trn flexing knees w/strong R sd ld clck wfrd L in CBMP, -. -(Comm LF upper bdy trn flexing knees w/strong R sd ld bk R in CBMP looking well to L, -);

5-7 **HVR CORTE DRC; OUTSD SPN; L TRNG LK**;

5 [HVR CORTE] Rec R stg LF trn, sd and fwr L w/hvrg action contg bdy trn, rec R w/R sd ldg to BJO fce DRC;

6 [OUTSD SPN] In BJO prep to ld W outsd ptr comm RF bdy trn toeing in w/R sd ld bkr L in CBMP sm stp 3/8 trn to R on stp 1, fwr L in CBMP heel to toe cont to trn RF, [3/8 RF trn btwn stps 2 and 3] sd and bkr L to end in CP 1/4 RF trn on 3 to fc RLOD(Comm RF bdy trn w/L sd ld staying well in the M’s R arm R ft fwrd in CBMP outsd ptr heal toe, L ft cls to R ft on toes of bth ft 5/8 trn btwn stps 1 and 2, cont to trn RF 1/4 btwn stps 2 and 3 fwd R btwn M’s ft to end in CP 1/8 RF trn on stp 3);

7 1&23 [L TRNG LK] Bkr R w/R sd ld and R sd stretch/XLif of R, bk and slightly sd R stg to trn LF, sd and slightly fwr L to BJO DLW making 1/4 LF trn btwn stps 3 and 4 as bdy trns less (Fwr L w/L sd ld and L sd stretch/XLif of L, fwr and slightly sd L stg to trn LF, sd and slightly bck R to BJO making 1/4 LF trn btwn stps 3 and 4 as bdy trns less);

8-10 **FWD DEVELOPE; BK HVR SCP; FTHR DLC**;

8 1--(123) [FWD DEVELOPE] Fwr R outsd ptr ckg, - -(Bk L, bring R ft up L leg to insd of L knee, xtd R ft fwr);

9 [BK HVR SCP] Bkr L, sd and bk R w/a slight rise, rec L SCP(fwrd R, fwrld and sd L to CP w/slight rise, rec R SCP);

10 [FTHR] Thru and fwr L, fwr L, fwr R outsd ptr to BJO fcf DLC(Thru L, fwrld and sd R trng LF, bk L to BJO);

11-16 **DIAMOND TRNS; CHG OF DIR; DBL REV SPN LOD**;

11-14 [DIAMOND TRNS] Fwr L trng LF on the diag, cont LF trn sd R, bk L w/ptr outsdl the M in BJO; staying in BJO and trng LF bk R, sd L, fwr R outsd ptr in BJO; Rpt meas 11 & 12, part B to BJO to fc DLC;;

15 12- [CHG OF DIR] Fwrd L, fwrd R DLW R shldr ldg trng LF stg to draw L to R, cont drawing L to R DLC;

16 12- [DBL REV SPN] Fwr L comm LF trn, sd R [3/8 LF trn btwn stps 1 and 2], spin up to 1/2 LF btwn stps 2 and 3 on (12&3) ball of R bringing L ft undr bdy bsd R no wgt flexed knees to fc LOD, -(Bk R comm to trn LF, L ft cls to R heel trng ½ LF btwn stps 1 and 2/sd and slightly bk R cont LF trn, XLif of R);

**REPEAT A**

**REPEAT B**

**REPEAT A**
**ENDING**

1-3  **NAT PREP SAME FT LUN;; TELESPN ENDG SCP DLW;**

1  123  [NAT PREP] Fwd R, comm RF trn sd and bk L trng twd DLC, xtnd R ft to sd no wgt (Fwd L, fwd R comm RF trn to fc DRW in SCP, cl L);

2  [SAME FT LUN] Sd and slightly fwd R looking R [w/R sd stretch], - -(Bk R well undr bdy trng bdy LF and looking well to L, -);

3  [TELESPN ENDG SCP] Taking full wgt on L spn LF [no sway], sd R cont LF trn [no sway], cont LF trn sd (1&23) and fwd L to SCP DLW [w/R sd stretch] (fwd L/fwd R comm LF toe spn, cont toe spn cl L, sd & fwd R to SCP [w/L sd stretch]);

4-5  **THRU TO PROM SWAY; CHG SWAY;**

4  12-  [THRU TO PROM SWAY] Fwd R, sd and fwd L trng to SCP and stretching L sd of bdy slightly upward to look ovr jnd ld hnds, relax L knee;

5  ---  [GHG SWAY] Chg stretch of bdy and hd pos and hold;