

**MORE THAN A LIFETIME**

DANCE BY NANCY & DEWAYNE BALDWIN

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RECORD LAMON 10200

ARTIST STEPHAN ALMOND

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 45

RHYTHM CHA CHA PH III

DATE 11/09

SEQUENCE A B C A B C[1-9] END

**INTRO**

- 1-2 **; SD CLS 2X (No cha);**  
BFLY Wait; Sd L, cl R, sd L, cl R;

**PART A**

- 1-3 **BASIC;; NYR; CRAB WLK;**  
BFLY Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R;  
Thru L, rec R [FC], sd L/cl R, sd L; XRIF, sd L, XRIF/sd L, XRIF;
- 5-8 **CRAB WLK; SPT TRN; CRAB WLKS;;**  
Sd L, XRIF, sd L/cl R, sd L; XRIF trn, rec L trn, sd R/cl L, sd R;  
R/LOD XLIF, sd R, XLIF/sd R, XLIF; Sd R, XLIF, sd R/cl L, sd R;

**PART B**

- 1-4 **OPN BRK; WHIP; SHLDR TO SHLDR 2X;;**  
Rk apt L, rec R, sd L/cl R, sd L; Bk R trn, rec L, sd R/cl L, sd R BFLY; Rk fwd L  
SCAR, rec R [FC], sd L/cl R, sd L; Rk fwd R BJO, rec L [FC], sd R/cl L, sd R;
- 5-8 **SD CLS, OPN BRK; WHIP; HD TO HD 2X; SD CLS;**  
Sd L, cl R, rk apt L, rec R; Sd L/cl R, sd L, bk R trn, rec L; Sd R/cl L, sd R BFLY,  
bhd L, rec R; Sd L/cl R, sd L, bhd R, rec L; Sd R/cl L, sd R, sd L, cl R;

**PART C**

- 1-5 **CHASE;;;;**  
Fwd L trn, rec R, fwd L/cl R, fwd L; Fwd R trn, rec L, fwd R/cl L, fwd R;  
Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, fwd R/cl L, fwd R;
- 5-8 **FNC LINE; WLK 2; CIRCLE AWAY & TOG;;**  
X lun L, rec R, sd L/cl R, sd L OPN/LOD; Fwd R, fwd L, fwd R/cl L, fwd R;  
Fwd L trn, fwd R, fwd L/cl R, fwd L; Fwd R trn, fwd L, fwd R/cl L, fwd R;
- 9-10 **NYR 4; NYR 4;**  
Thru L, rec R [FC], sd L, cl R; Thru L, rec R [FC], sd L, cl R;

**END**

- 1-3 **BASIC;; NYR 4; QUICK APT**  
REPEAT 1-2 PART A;; Thru L, rec R [FC], sd L, cl R; Apt L