MI VIDA SIN TU AMOR

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MUSIC: “Mi Vida Sin Tu Amor” Mi Vida Sin Tu Amor by Cristian Castro
Available as a download from Amazon

RHYTHM: Bolero

PHASE IV+2 (riff turn and horseshoe turn) +1 UNPH (switch) average difficulty

FOOTWORK: Opposite

SEQUENCE: INTRO A B C A (1-8) B ENDING
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INTRODUCTION

1-4 CP WALL WAIT; SWAY L & R; RIFF TURN; LUNGE & TWIRL RLOD;
1 \{CP wall wait\} Wait;
2 \{sway L & R\} Sd L w/ L sd stretch, -, sd R w/ R sd stretch, -;
3 \{riff turn\} Sd L raising ld hnds start W RF spin, cl R to L as W completes spin,
   sd L keeping ld hnds high, cl R (W sd & fwd R commence RF spin, cl L to R spinning RF one trn,
   fwd R commence RF spin, cl L to R spinning RF one trn, completing 2nd full spin under ld hnds);
4 \{lunge sd & twrl RLOD\} Lunge sd L ckg Lady w/ R hnd on her R hip, -, raising ld hnds rec R
   leading W to twrl LF, XLif (W lunge sd R ckg, -, twrl LF L, R);
5-7 SHOULDER TO SHOULDER; HIPS ROCKS; HIP LIFT;
5 \{sh to sh\} Blending to BFLY sd R, -, XLif, rec R (Sd L, -, XRib, rec L);
6 \{hip rks\} Blending to BFLY sd L w hip roll, -, rec R w/ hip roll, rec L w/ hip roll ;
7 \{hip lift\} Sd R blending to CP bringing L to R, -, with slight pressure lift L hip, lower;

PART A

1-5 BASIC;; CROSS BODY; HORSESHOE TURN;;
1-2 \{basic\} Sd L, -, slip bk R, fwd L; Sd R, slip fwd L, bk R;
3 \{x body\} Sd & bk L trng LF, -, bk R w/slip action, fwd L cont trn (Sd & fwd R, -, fwd L
   XIF of M trng LF, sm step sd R);
4-5 \{horseshoe trn\} Sd & fwd R, slip thru L, bk R; Raising ld hnds fwd L twd ptr preparing to
cross IF of W, fwd R trn RLOD, fwd L to fc ptr & WALL (Sd & fwd L, slip thru R, bk L;
   Fwd R un joined, fvd L, fvd R to fc ptr);

6-8 REVERSE UNDERARM TURN; CRAB WALKS;;
6 \{rev undarm trn\} Sd R, -, XLif, bk R (Sd L, -, XRif trng ½ LF und ld hnds fwd L trng to fc ptr);
7-8 \{crab walks\} Blending to BFLY sd L, -, XRif, sd L; XRif, -, sd L, XRif blending to CP;

9-12 TURNING BASIC;; UNDERARM TURN; LARIAT \%;
9-10 \{trng basic\} Sd & fwd L w/slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd &
fwd L to fc COH; Sd & fwd R, -, fvd L w/ contra ck action, rec R;
11 \{undarm trn\} Sd L, -, XRib leading W to trn RF und ld hnds, rec L (Trng RF sd & fwd R, -, 
fwd L cont RF trn, fvd R to fc LOD);
12 \{lariat\} Sd R, -, rk L, rec R (Fwd L, R, L circling around M);

13-15 MAN SWIVEL TO FC WALL & FENCELINE; TO RLOD PREPARE AIDA; AIDA LINE &
SWITCH LUNGE;
13 \{M swivel to fc & fenceline\} Sd & fwd RLOD swiveling to BFLY WALL, lunge thru R, rec L
   (Fwd R swiveling to BFLY, -, lunge thru L, rec R);
14 \{prep aida\} Sd R, -, thru L, sd R to fc (Sd L, -, thru R, sd L);
15 \{aida line & switch lunge\} Bk L to aida line, -, sd R to BFLY lunge, - (Bk R to aida line , -, sd L
to lunge, -);
PART B

1-4  TURNING BASIC ½; OPEN BREAK; RIGHT PASS; FORWARD BREAK:
1  {trng basic 1/2}  Sd & fwd L w/ slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd & fwd L to fc COH;
2  {op brk}  Sd & fwd R, -, apt L, rec R;
3  {R pass}  Fwd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF fwd L to fc WALL (Fwd R look at ptr thru window, -, fwd L trn LF, bk R trng LF und jnd hnds);
4  {fwd brk}  Sd & fwd R, -, fwd L, bk R;

5-7  FENCELINE W/ ARMS 2X; SLOW ROCKS:
5-6  {fenceline w/ arms 2x}  Sd L sweeping trailing arms up & over, -, XRif hnds toward LOD, rec L; Sd R sweeping arms up & over, -, XLif toward RLOD rec R to low BFLY;
7  {slow rocks}  Sd L w/ hip roll, -, sd R w/ hip roll, -;

8-11  START FAN; INTO HOCKEY STICK;; LUNGE BREAK;
8  {fan}  Sd L, -, bk R, rec L feg WALL (Sd & fwd R, -, fwd L, bk R trng LF);
9  {start hockey stk}  Sd R, -, fwd L, bk R (Sm bk L to fan pos, -, cl R, fwd L);
10  {fin hockey stk}  Sd L & slightly bk, -, sd & fwd R w/slight RF trn, fwd L DRW (Fwd R, -, fwd L, ftd R trng LF ½ und jnd hnds);
11  {lunge brk}  Sd & fwd R, -, lower on R extending L sd & slightly bk, rise on R bringing lady fwd (Sd & bk L, -, bk R contra ck sit line, rec fwd L);

12-14  DOUBLE HAND OPENING OUTS;; SYNC HIP ROCKS:
12-13  {dbl hnd open outs}  Maintaining BFLY sm sd L trng LF, -, lower on L extending R ft to sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk R rotating LF, -, XLib lowering, fwd R to BFLY); Maintaining BFLY sm sd R trng RF, -, lower on R extending L ft to sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk L rotating RF, -, XLib lowering, fwd L to BFLY);
14  {sync hip rks}  Sd L, -, rec R/rec L, rec R;

PART C

1-3  SPOT TURN TO HANDSHAKE; SHADOW NEW YORKER; X HAND UNDARM TRN;
1  {spot trn}  Sd L, -, lunge thru R trng ½ LF, fwd L to fc ptr & WALL to handshake;
2  {shad NY}  R hnds joined sd R, -, thru L to fc RLOD, bk R to fc joining L hnds und R;
3  {X hnd und arm trn}  Sd L raising R hnds, -, raising L hnds & lowering R hnds XRib leading W to trn RF, rec L leaving L hnds high & R hnds low (W/ slight RF trn sd & fwd R, -, fwd L trng RF to fc RLOD, fwd & sd R to fc ptr);

4-7  BREAK BACK /W MAN’S HEADLOOP; SWITCH & WALK 2 RLOD; SWITCH WALK & FC CP;; SWAY LEFT & RIGHT;
4  {brk bk w/M’s headloop to ½ OP}  Sd R raising L hnds and looping over M’s head lowering hnds to M’s shoulder & releasing both hnds, -, brk bk L, rec R to ½ OP LOD;
5  {switch & walk 2 RLOD}  Fwd L trng to L ½ OP, -, fwd R, fwd L;
6  {switch to LOD walk & fc}  Fwd R trng to ½ OP, -, fwd L, fwd R blending to CP;
7  {sway L & R}  Sd L w/ L sd stretch, -sd R w/ R sd stretch, -;

REPEAT A (1-8)
REPEAT B

ENDING

1-3  LUNGE & TWIRL TO RLOD; SHOULDER TO SHOULDER; SLOWING W/ MUSIC HIP ROCKS;
1-2  Repeat meas. 4 & 5 of intro;;
3  {hip rks}  Blending to BFLY sd L w hip roll, -, rec R w/ hip roll, rec L w/ hip roll;
4-5+  SLOW REVERSE UNDERARM; M REC BK L/LADY SIT LINE & SLOWLY RAISE ARMS;+
4  {sl rev undarm}  Sd R slowly looping L arm over lady leading her to trn LF, -, hold, - (Sd L, -, XRif trng LF 1/2 und joined ld hnds, -);
5+ M rec bk L to fc DRW lowering ld hnds (lower to sit line) trl feet ptd to
ptrs, - , both bring trl arms across body and slowly raise arms up as music fades, -; +