**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  
**LO BFLY WAIT; SWAY L & R; RIFF TURN; LUNGE & TWIRL R LOD:**

1-2  
(CP wall wait; sway L & R) Wait; 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 R LOD} 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;

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**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/slipping 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 twd RLOD, fwd L to fc ptr & WALL (Sd & fwd L, slip thru R, bk L;  
Fwd R und joined, fwd L, fwd 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 w hip roll, -, rec R w/ hip roll, rec L w/ hip roll ;

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**9-12**  
**TURNING BASIC;; UNDERARM TURN; LARIAT ½;;**

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, -, fwd 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, fwd R to fc LOD);
12  
[lariat] Sd R, -, rk L, rec R (Fwd L, R, L circling around M);

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**13-15**  
**MAN SWIVEL TO FC WALL & FENCELINE; TO RLOD PREPARE AIDA; AIDA LINE &  
SWITCH LUNGE;;**

13  
[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 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 fnd L to fc WALL (Fwd R look at ptr thru window, -, fnd 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;
6-7 {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, fwd 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 fnd (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, -, XLIf 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, -, XLIf 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 L to 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 UNDARM; TO LUNGE & SIT LINE & SLOWLY RAISE ARMS:
4 {rev undarm trn} Sd R leading to trn LF, -, hold , - (Sd L, -, XRif trng LF 1/2 und joined ld hnds, & hold, -);
5+ {lunge & hold} Rec bk L creating a lunge/sit line, -, both bringing trl arms across body and slowly raising trail arms up as music fades, -; +