MY WAY

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Music: “My Way” CD: JULIO IGLESIAS
Sony Music Japan SICP 20385-6 CD 1: Track 16
Rhythm: Bolero (ph VI) Speed: Slow to Suit (+10%) Date: March 2014 Ver.1.1
Footwork: Opposite, directions for man (lady as noted)
Sequence: Intro · A · B · Bm 0d · Inter · A · Ending

Meas 1~5 INTRO (LOP-FC/Wall) lead foot free for both Wait 1 meas;
Tog Curl to Skaters Fc LOD; Horse & Curt M Cl (CP/Wall);
Corte w/Leg Crawl; Rec Hip Rks;
1 OIP-FC/Wall lead foot free for both Wait 1 meas;
2 Tog Curl to Skaters Fwd L lead W LF trn, -. -(W fwd R, spiral LF under lead hands, - .-) Skaters/LOD;
3 Lean R (W circle LF fwd L/R, L/R, L/R, L swivel LF on L fc partner) CP/Wall;
4 Corte w/Leg Crawl) Sd & bk L knee bend cuddle position, -(W sd & fwd R, left leg up along M’s outer thigh with toe pointed to floor), -:-

Meas 1~8 PART A (SQ&Q)
Trning Basic; R Pass Fc Wall; Lunge Break; Hip Twist Overtrn & W Sync Fcng Fan; Fwd Break; W Spiral to Nat Top Fc COH;
Fallaway Ronde XIB Sd/Cl (Handshake);
1-2 (Trning Basic) Blend CP sd L body rise strong body RF trn, -. bk R slip action LF trn, cont LF trn rec fwd L fc COH; Sd R, -. fwd L slip action, rec bk R;
3 (R Pass) Fwd & sd L commence RF trn raise lead hands to create window, -. XRB of L, cont RF trn, sd L (W fwd R, -. fwd L commence LF trn, cont LF trn sd R under raised lead hands to fc partner) to Bfly/Wall;
4 Lunge Break) Sd & fwd R body rise, -. lower on right slight RF body trn lead W bk extend L sd & bk, rise on R slight RF body trn to rec (W sd & bk L body rise, -. bk R sit line, rec fwd L);
SQ& 5 (Hip Twist & W Sync Fcng Fan) Cl L lead W RF trn, -. bk R commence LF trn lead W roll L, rec L twd LOD (W fwd R swivel 1/2 RF on R fc Wall, -. sd & fwd L twd LOD commence LF roll/sd & bk R cont LF roll, cont roll L/R fc partner & RLOD) LOP-FC/LOD;
6 Fwd Break) Sd & fwd R body rise, -. fwd L with contra ck like action, rec bk R;
7 (W Spiral & Nat Top) Fwd LF commence RF trn lead RLF spiral, -. cont RF trn XRIB of L, sd L fc COH (W fwd R LF spiral on R under right hand fc DC, -. commence RF trn sd L, XRIB of L fc Wall!);
SQ& 8 (Fallaway Ronde XIB Sd/Cl) Blend Bfly sd R ronde L CW (W CW, -. XLIB of R, sd R/clL right hands joined);

Meas 9~16 PART B (SQ&Q)
Contra Break; Turkish Towel; 1 Break; W Roll Out (OP/COH);
OP Fence Line; M Hip Rks (W Roll In) to CP; Split Ronde (CP/Wall);
OP Contra Ck & Rec;
9 Contra Break) Sd & fwd R with right sd stretch, -. slip fwd L small step with right shoulder lead to contra check action, rec bk R (W sd & bk L with left sd stretch, -. slip bk R with left sd lead to contra check action, rec fwd L);
10-11 (Turkish Towel) Sd L, -. bk R, rec L (W sd & fwd R, -. XLIF of R turning RF under joined right hands, fwd R cont RF trn);
(1 Break) Sd R to end Vars position with M in front of W to her right side, -. ck XLIB, rec R (W fwd L around man to end his left side and bk joining left hands, -. ck XRIB, rec L);
SQ& 12 (W Roll Out to OP) Sd L release joined left hands, -. XRIB lead W LF roll, rec L (W sd R twd LOD commence LF roll, -. cont LF roll sd & fwd L/cont roll R, L) end OP/COH;
13 (OP Fence Line) Same foot sd R body rise, -. ck thru L, rec bk R;
SQ& 14 (Hip Rks W Roll In) Sd L hip roll LF, -. rec R hip roll RF, sd L hip roll LF (W sd L commence LF roll, -. cont LF roll R/L/R/cl L) end OP/COH;
SQ& 15 (Split Ronde) Rec R ronde left leg CW commence LF trn, -. cont LF trn XLIB of R, cont trn slip bk R (W sd R lower on R ronde left leg CW commence LF trn, -. cont trn XLIB of R, cont trn sd R/ slip fwd L) end CP/Wall;
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Meas

PART B

1~8 Sync Trnig Basic Overtrn; Sd to Hinge; & Ronde Twist Trn to Sway Line; Cross Body W Sync Roll Out Fc LOD; (handshake)Contra Break; Sync Rev Spin to Same Foot Lunge;

S&Q 1 (Sync Trning Basic Overtrn) Sd L body rise strong body RF trn, bk R slip action LF trn/cont LF trn fwd L, fwd & sd R cont LF trn fc Wall (W sd R body rise strong body RF trn, fwd L slip action LF trn/bk R cont LF trn, cont LF trn cl L fc LOD);

Q--- 2 (Sd to A Hinge) Sd L lead W LF swivel, -(W fwd L twd LOD swivel LF on L, relaxing L knee R foot thru pt head to L, -);

SQQ 3-4 & (Ronde Twist Trn) Lead W rec sd & fwd R flex knee commence RF trn, cont RF trn sd L, XRB of L (W rec R/sd & fwd L ronde R CW, XRB of L, sd & fwd L commence around man);

-- Unwind RF, with weight on R, relax R knee lower on R(W fwd R around man, fwd L RF trn, relax L knee lower on L) R lunge line man fc RDW, -;

SQQ 5 (Cross Body W Sync Roll Out) Rec sd & bk L body rise, bk R slip action LF trn, cont LF trn fwd L fc LOD (W rec sd & fwd R body rise body RF trn, fwd L commute LF trn/cont LF trn sd & bk R, fwd R twd LOD cont LF trn/cont trn sd & bk R fc RLOD);

SQQ 6 (Contra Break) Right hands joined sd & fwd R with right sd stretch, slip fwd L small step with right shoulder lead to contra check action, rec bk R slightly RF trn (W sd & bk L with left sd stretch, slip bk R with left sd lead to contra check action, rec fwd L);

&QQQQ 7 (Sync Rev Spin) Cl L/sd R twd RLOD lead W LF spin, cl L, sd R lead W LF spin, cl L (W fwd R spin LF under right hands fc COH, small stp sd L, XLIF of R spin LF under right hands, small stp sd L) blend CP/Wall;

S--- 8 (Same Foot Lunge) Sd L & slightly fwd R with right sd stretch looking R, extd (W bk R well under body trning body to L and looking well to L, extend), -,-, lead W sway chg to right;

9~12 & Telespin; to Throwaway Oversway; Rise & Sync Hip Rks;

SQQ 9~11 (Telespin to Throwaway Oversway) Lead W pickup/fwd L commute LF trn, -,-, fwd & sd R (S&QQ) cont LF trn, sd & bk L with partial weight(W rec L 1/2 LF trn/bk R commute LF trn bring L beside R with no weight, -,-, cont LF trn on R heel and chg weight to L, fwd R cont LF trn);

-QS 10-12 (Rise & Sync Hip Rks) Rise on L, -,-, sd R hip roll RF/rec L hip roll LF, sd R hip roll RF;

Meas

PART Bmod

1~8 Sync Trnig Basic Overtrn; Sd to Hinge; & Ronde Twist Trn to Sway Line; Cross Body W Sync Roll Out Fc LOD; (handshake)Contra Break; Sync Rev Spin to Same Foot Lunge;

9~12 & Telespin; to Throwaway Oversway; Rise W Curl to Skaters/ LOD;

INTERLUDE

1~3 Horse & Curt M Cl(CP/Wall); Corte w/Leg Crawl; Rec Hip Rks;

1~3 Repeat meas 3~5 of Introduction:::

Meas

ENDING

1 Cl & Embrace;

1 Cl L to R blend cuddle position & embrace,-,-,-: