STAY IN MY LIFE
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CD: 2009 Dancelife, CD Title “Bring 6 Smiles to Your Feet” (Artist: Ballroom Orchestra & Singers) Track 4 “Stay In My Life” or download from internet site such as I Tune

FOOTWORK: Opposite unless noted (Woman’s footwork in parentheses)  Time: 2:00 Tempo 30 MPM

RHYTHM: Waltz  RAL PHASE III

DEGREE OF DIFFICULTY: AVERAGE


MEAS: INTRODUCTION

1-4 SCP DRW WAIT 2 MEAS;; HOVER FALLAWAY; SLIP PIVOT;
1-2 Wait in SCP DRW w/ trail ft free;;
3 (Hover Fallaway) SCP DRW Stay in SCP fwd R, fwd L rise to ball of ft & checking, rec bk R;
4 (Slip Pivot) SCP DRW Bk L, bk R trn LF keep L leg extended, fwd L to BJO DLW (W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, fwd L cont trn plc L near M’s R ft, bk R);

5-8 MANEUVER; 2 RIGHT TURNS FC WALL;; CANTER;
5 (Maneuver) BJO DLW Stg RF trn fwr R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);
6-7 (2 Right Turns fc WALL) CP RLOD Bk L trn RF, cont trn sd R, cl L to CP DLC (W fwr R trn RF, cont trn sd L, cl R); Fwd R trn RF, cont trn sd L, cl R to CP WALL (W bk L trn RF, cont trn sd R, cl L);
8 (Canter) CP WALL Sd L, draw R to L, cl R;

PART A

1-4 HOVER TO SCP; THRU CHASSE TO BJO; FWD FWD LOCK FWD; MANEUVER;
1 (Hover to SCP) CP WALL Fwd L, fwr & sd R rise to ball of ft, rec L to tight SCP LOD (W bk R, bk & sd L trn to SCP & rise to ball of ft, rec R);
2 (Thru Chasse to BJO) SCP LOD Fwd R trn to fc, sd L/cl R, sd L to BJO DLW;
3 (Fwd Fwd Lock Fwd) BJO DLW Fwd R, fwr L/lk Rib (W lk Lif), fwr L;
4 (Maneuver) BJO DLW Stg RF trn fwr R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);

5-8 SPIN TURN; BOX FINISH DLC; 2 LEFT TURNS FC WALL;;
5 (Spin Turn) CP RLOD Stg RF upper bdy trn bk L toe pvt 1/2 RF to fc LOD, fwr R between W’s ft heel to toe cont trn leave L leg extended bk & sd, rec sd & bk L to CP DLW (W stg RF upper bdy trn fwr R between M’s ft heel to toe pvt 1/2 RF, bk L toe cont trn brush R to L, fwr R);
6 (Box Finish DLC) CP DLW Bk R trn 1/4 LF, sd L, cl R to CP DLC;
7-8 (2 Left Turns fc WALL) CP DLC Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP RLOD (W bk R stg LF upper bdy trn, cont trn sd & fwr L, cl R); Bk R stg LF upper bdy trn, cont trn sd & fwr L, cl R to CP WALL (W fwr L stg LF upper bdy trn, cont trn sd & bk R, cl L);

PART B

1-4 BALANCE LEFT & RIGHT TO BFLY;; ROLL 3 TO BFLY; THRU FACE CLOSE;
1-2 (Balance Left & Right to BFLY) CP WALL Sd L, XRib (W XLib), in plc L to BFLY WALL; Sd R, XLib (W XRib), in plc R;
3 (Roll 3 to BFLY) BFLY WALL Fwd L to LOD trn LF, bk R cont trn, cont trn sd L to BFLY WALL having completed a full LF trn (W fwr R to LOD trn RF, bk L cont trn, cont trn sd R to fc LOD);
4 (Thru Face Close) BFLY WALL XRib (W XLib), sd L, cl R;

5-8 STEP SWING; SPIN MANEUVER; PIVOT TO SCP; THRU FACE CLOSE;
5 (Step Swing) BFLY WALL Sd & fwr L to OP LOD, swing R fwr toe pt dwn, bring R bk start RF trn (W bring L bk start LF spin);
6 (Spin Maneuver) Fwr R stg RF upper bdy trn, cont RF trn to fc RLOD sd L, cl R to CP RLOD (W stg LF spin in plc L, cont spin R, L to fc LOD);
7 (Pivot to SCP) CP RLOD Stg RF upper body trn bk L trn RF leave R extended in front, fwr R between W’s feet heel to toe trn RF, sd & fwr L to SCP LOD (W stg RF upper body trn fwr R between M’s feet heel to toe trn 3/8 RF leave L extended behind, bk L trn 3/8 RF leave R extended in front, sd & fwr R to SCP);
8 (Thru Face Close) SCP LOD XRib (W XLib), sd L, cl R to CP WALL;
PART C

1-4 WHISK; THRU HOVER TO BJO; BACK HOVER TO SCP; CHAIR & REC:
   1 {Whisk} CP WALL Fwd L, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP LOD (W bk R, bk & sd L stg to rise to ball of ft, XRib cont to full rise to ball of ft);
   2 {Thru Hover to BJO} SCP LOD Thru R, fwd L w/ rise, rec R to BJO LOD (W thru L, fwd R w/ rise trn LF & brush L to R, rec L to BJO);
   3 {Back Hover to SCP} BJO LOD Bk L, sd & bk R w/ slight rise, rec L to SCP LOD (W fwd R, sd & fwd L w/ slight rise trn RF & brush R to L, rec R to SCP);
   4 {Chair & Rec} SCP LOD Fwd R lun stp (W fwd L lun stp), -, rec L;

5-8 WING; TURN LEFT & RIGHT CHASSE BJO; IMPETUS TO SCP; THRU FACE CLOSE:
   5 {Wing} SCP LOD Fwd R, draw L twd R, tch L to R trn upper bdy LF w/ L sd stretch to SCAR DLC (W fwd L begin to X in frnt of M trn slightly LF, fwd R arnd M cont trn slightly LF, fwd L arnd M cont trn slightly LF to tight SCAR);
   6 {Turn Left & Right Chasse to BJO} SCAR DLC Fwd L trn LF, sd R/cl L, sd & slightly bk R to BJO RLOD (W bk R trn LF, sd L/cl R, sd & slightly fwd L);
   7 {Impetus to SCP} BJO RLOD Stg RF upper bdy trn bk L, cl R heel trn, fwd L to tight SCP DLC (W stg RF upper bdy trn fwd R between M’s ft heel to toe pvt 1/2 RF, sd & fwd L cont trn arnd M brush R to L, fwd R);
   8 {Thru Face Close} SCP DLC XRif (W XLif), sd L, cl R to CP WALL;

ENDING

1-3 BOX;; DIP BACK & HOLD;
   1-2 {Box} CP WALL Fwd L, sd R, cl L; Bk R, sd L, cl R;
   3 {Dip Back & Hold} CP WALL Dip bk L w/ knee relaxed (W dip fwd R) leave R extended fwd, -, -;
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DIP BACK & HOLD

R3-1 STAY IN MY LIFE (ROSS)
(SCP DRW TRAIL FT FREE)