

WALK OF LIFE

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RECORD: POLYGRAM SOV 2352 "Walk Of Life" (Artist: Dire Straits) (Flip of: One World) or download from I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Speed: Slow to 41 RPM

RHYTHM: Jive RAL PHASE VI

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-C-B-C-A-B-C-B-C

MEAS:

INTRODUCTION

1-4 CP DLW WAIT 2 MEAS;; WHISK; FEATHER;

1-2 Wait;;

3 {Whisk} CP DLW Fwd L, -, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP DLC (W bk R, -, bk & sd L stg to rise to ball of ft, XRib cont to full rise to ball of ft);

4 {Feather} CP DLC Fwd R, -, fwd L preparing to stp in BJO, fwd R in contra BJO DLC (W bk L, -, bk R, bk L);

5-8 DIAMOND TURN;;; END FC LOD;

5-8 {Diamond Turn} CP DLC Fwd L trn LF, -, cont trn sd R, bk L to BJO DRC (W bk R trn LF, -, cont trn sd L, fwd R); Staying in BJO bk R trn LF, -, sd L, fwd R to BJO DRW (W fwd L trn LF, -, sd R, bk L); Still in BJO fwd L trn LF, -, sd R, bk L to BJO DLW (W bk R trn LF, -, sd L, fwd R); Bk R cont LF trn, -, sd L, fwd R to BJO LOD (W fwd L trn LF, -, sd R, bk L);

9-12 FORWARD & RUN 2 TWICE;; 2 LEFT TURNS FC WALL;;

9-10 {Forward Run 2 Twice} Blend to CP LOD Fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R;

11-12 {2 Left Turns fc WALL} CP LOD Fwd L stg LF upper bdy trn, -, cont trn sd & bk R, cl L to CP DRC (W bk R stg LF upper bdy trn, -, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, -, cont trn sd & fwd L, cl R to CP WALL (W fwd L stg LF upper bdy trn, -, cont trn sd & bk R, cl L);

PART A

1-4 SIDE TOUCH & JIVE CHASSE; PRETZEL;;;

1 {Side Touch & Jive Chasse} CP WALL Sd L, tch R, sd R/cl L, sd R;

2-4 {Pretzel Turn} CP WALL Rk bk L to SCP, rec R to fc, sd L/cl R, sd L trn 1/2 RF; Sd R/cl L, sd R trn 1/4 RF (W rk bk R to SCP, rec L to fc, sd R/cl L, sd R trn 1/2 LF; Sd L/ cl R/ sd L trn 1/4 LF) to end sd by sd with ld hnds joined behind back, rk fwd L with R hnd fwd, rec R; Sd L/cl R, sd L trn LF, sd R/cl L, sd R (W rk fwd R with L hnd fwd, rec L; Sd R/ cl L, sd R trn RF, sd L/cl R, sd L) to CP WALL;

5-8 JIVE WALKS ~ SWIVEL WALK 4 ~ STEP KICK;;; BACK TRIPLE ~ ROCK REC;

5-7 {Jive Walks} CP WALL Rk bk L to SCP LOD, rec R in SCP, fwd L/cl R, fwd L; Fwd R/cl L, fwd R (W rk bk R to SCP, rec L in SCP, fwd R/cl L, fwd R; Fwd L/cl R, fwd L), {Swivel Walk 4} SCP LOD fwd L in front of R ft, fwd R in front of L ft; Fwd L in front of R ft, fwd R in front of L ft, {Step Kick} SCP LOD fwd L, kick R thru;

8 {Back Triple} SCP LOD Bk R/cl L, bk R, {Rock Rec} rk bk L, rec R;

PART B

1-5 THROWAWAY; ROCK REC LADY TO RIGHT SIDE; COCO ROLA TWICE;; LADY AROUND TO FACE;

1 {Throwaway} SCP LOD Fwd & sd L/cl R, sd L, sd R/cl L, sd R (W fwd R trn LF/cl L, sd R, sd & bk L/cl R, sd L to fc RLOD) to LOP-FCG LOD; [the 2nd & 4th times the throwaway start from CP WALL & the M turns 1/4 LF to fc LOD]

2 {Rock Rec Lady to Right Side} LOP-FCG LOD Rk bk L, rec R, trn 1/4 RF cl L lead W fwd & release hold, sd R (W rk bk R, rec L, passing in front of man fwd R/cl L, fwd R ending on M's R side fc WALL) to sd by sd fc WALL;

3-4 {Coco Rola Twice} Sd by sd same footwork swvl slightly RF on R & XLif, swvl slightly LF on L & stp bk R, swvl slightly RF on R & stp sd L, swvl slightly LF on L & XRif; Repeat; [Option: instead of the 2 quick coco rola one slow coco rola could be done]

5 {Lady Around to Face} Sd by sd fc WALL in ple L/R, L, sd R/cl L, sd R (W fwd L trn 1/2 LF, bk & sd R, sd L/cl R, sd L) to LOP-FCG WALL;

PART B(cont)**6-10 BASIC ROCK HANDSHAKE ~ TRIPLE WHEEL IN 5 TRIPLES TO FC WALL;;;;;**

- 6-10 {**Basic Rock Handshake**} LOP-FCG WALL Rk apt L (W rk apt R), rec R, sd L/cl R, sd L; Sd R/cl L, sd R change hnds to handshake WALL, {**Triple Wheel in 5 Triples fc WALL**} M fc WALL hndshk rk apt L, rec R; Wheel RF sd L/cl R sd L trn in twd W & tch W's back, cont RF wheel sd R/cl L, sd R trn away from W (W rk apt R, rec L; Wheel RF sd R/cl L, sd R trn away from M, cont RF wheel sd L/cl R sd L trn in twd M & tch M's back); Wheel RF sd L/cl R sd L trn in twd W & tch W's back, cont RF wheel sd R/cl L, sd R trn away from W (W rk apt R, rec L; Wheel RF sd R/cl L, sd R trn away from M, cont RF wheel sd L/cl R sd L trn in twd M & tch M's back); Cont RF wheel sd L/cl R sd L trn in twd W & tch W's back, lead W to spin RF sd R/cl L/ sd R to fc WALL (W cont RF wheel sd R/cl L, sd R spin RF on R to fc M, sd L/cl R, sd L to fc COH);

11-13 LINK; WHIP SPIN; SAILOR SHUFFLE;

- 11 {**Link**} LOP-FCG WALL Rk bk L, rec R, sm fwd L/cl R fwd L change hnds to R hnds joined behind W's back (W rk bk R, rec L, sm fwd R/cl L, fwd R) to CP DLW;
- 12 {**Whip Spin**} CP DRW with W's R hnds joined behind W's back XRib stg RF trn, sd L cont RF trn, release hold cont RF trn in plc L/R, R (W fwd L trn RF, fwd R Xif between M's feet, spin 11/2 RF in plc L/R, L) to LOP-FCG WALL;
- 13 {**Sailor Shuffle**} LOP-FCG WALL XLib/sdR, sd L, XRib/sd L, sd R (W XRib/sd L, sd R, XLib/sd R, sd R);

14-16 SHE GO HE GO ~ CHANGE HANDS BEHIND BACK;;;:

- 14-16 {**She Go He Go**} LOP-FCG WALL Rk apt L, rec R, fwd L/cl R, fwd L trn 1/8 RF to look at W's back; Fwd R trn 3/8 LF undr ld hnds over 3 steps/cl L, sd R (W rk apt R, rec L, fwd R/cl L, fwd R trn 1/4 LF undr ld hnds; Cont LF trn to fc WALL sd & bk L/cl R, sd L) to LOP-FCG COH, {**Change Hands Behind Back**} rk bk L, rec R; Slightly fwd L/cl R, fwd L trn 1/4 LF (W rk bk R, rec L; Fwd R/cl L, fwd R trn 1/4 RF) chg W's R hnd to M's R hnd, slightly sd & bk R/cl L, sd R cont trn 1/4 LF (W sd L/cl R, sd & bk L trn 1/4 RF) chng W's R hnd to M's L hnd to LOP-FCG WALL;

PART C**1-3 LINK ROCK ~ CHANGE RIGHT TO LEFT FC LOD;;;:**

- 1-3 {**Link Rock**} LOP-FCG WALL Rk bk L, rec R, sm fwd L/cl R fwd L; Sd R/cl L, sd R (W rk bk R, rec L, sm fwd R/cl L, fwd R; Sd L/cl R, sd L) to CP WALL, {**Change Right to Left fc LOD**} rk bk L to SCP LOD, rec R; Sd L/cl R, sd L trn 1/4 LF, sd & fwd R/cl L, sd R (W rk bk R to SCP, rec L, Sd R/cl L, fwd R trn 3/4 RF undr ld hnds, sd & slightly bk L/cl R, sd & bk L) to LOP-FCG LOD;

4-7 STOP & GO TWICE;;;;:

- 4-5 {**Stop & Go**} LOP-FCG LOD Rk bk L, rec R, lead W to trn LF fwd L/cl R/ fwd L; Catch W with R hnd on W's L shldr blade rk fwd R, rec L, sm bk R/cl L, bk R (W rk bk R, rec L, in plc L/R, R trn 1/2 LF undr ld hnds to end at M's R side; Rk bk L, rec R, in plc L/R, L trn 1/2 RF undr ld hnds) to LOP-FCG LOD;
- 6-7 Repeat meas 4-5; [Option: change to handshake after first stop & go so that on the second stop & go on the rock fwd & rec M would be in front to lady with R hnds joined behind M]

8-10 AMERICAN SPIN TWICE;;;:

- 8-10 {**American Spin**} LOP-FCG LOD Rk bk L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R (W rk bk R, rec L, sd R/cl L, sd R spin RF full trn; Sd L/cl R, sd L) to LOP-FCG LOD, {**American Spin**} rk bk L, rec R; Sd L/cl R, sd L, sd R/cl L, sd R (W rk bk R, rec L; Sd R/cl L, sd R spin RF full trn, sd L/cl R, sd L) to LOP-FCG LOD;

11-16 CHANGE LEFT TO RIGHT TO HANDSHAKE ~ ROLLING OFF ARMS TWICE ~ ROCK REC CP;;;;;

- 11-16 {**Change Left to Right to Handshake**} LOP-FCG LOD Rk bk L, rec R, sd L/cl R, sd L trn 1/4 RF; Sd R/cl L, sd R change hands to handshake fc WALL (W rk bk R, rec L, fwd R/cl L, fwd R trn 3/4 LF undr ld hnds; Sd L/cl R, sd L), {**Rolling off the Arm**} Handshake WALL rk bk L, rec R; Sm fwd L/cl R, fwd L trn 1/4 RF & lead W to turn left to end in the crook of M's R arm both fc RLOD, wheel fwd R, fwd L trn 1/2 RF; Sm fwd R/cl L, fwd R trn 1/4 RF (W rk bk R, rec L; Fwd R/cl L, fwd R trn 1/4 LF, wheel bk L, bk R trn 1/2 RF; In plc L/R, L trn 3/4 RF & rolling out of M's arms to fc COH) to handshake WALL, {**Rolling off the Arm**} rk bk L, rec R; Sm fwd L/cl R, fwd L trn 1/4 RF & lead W to turn left to end in the crook of M's R arm both fc RLOD, wheel fwd R, fwd L trn 1/2 RF; Sm fwd R/cl L, fwd R trn 1/4 RF (W rk bk R, rec L; Fwd R/cl L, fwd R trn 1/4 LF, wheel bk L, bk R trn 1/2 RF; In plc L/R, L trn 3/4 RF & rolling out of M's arms to fc COH) to handshake WALL, {**Rock Rec CP**} rk bk L, rec R (W rk bk R, rec L) to CP WALL;

ABC BC ABC BC

WAIT
WHISK
DIAMOND TURN

FWD & RUN 2 TWICE
2 LEFT TURNS FC WALL

WAIT
FEATHER

END FC LOD

A SIDE TOUCH & JIVE CHASSE

PRETZEL

JIVE WALKS
<SWIVEL WALK 4

<STEP KICK & BACK TRIPLE & ROCK REC

B THROWAWAY
COCO ROLA TWICE
LADY AROUND TO FACE

ROCK REC LADY TO RIGHT SIDE

BASIC ROCK TO HANDSHAKE
<TRIPLE WHEEL 5 TRIPLES

.....

LINK
SAILOR SHUFFLE

.....
END FC WALL
WHIP SPIN
SHE GO HE GO
<CHANGE HANDS BEHIND BACK

C LINK ROCK
<CHANGE RIGHT TO LEFT FC LOD

STOP & GO (OPTION END HANDSHAKE)
STOP & GO
AMERICAN SPIN

.....

CHANGE LEFT TO RIGHT TO HANDSHAKE ----
<ROLLING OF ARM
<ROLLING OF ARM

.....
<AMERICAN SPIN

END ROCK & REC CP

6-6 WALK OF LIFE 1534
(CP DLW LEAD FOOT FREE)
(SLOW 41)