YOU DECORATED MY LIFE*

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MUSIC:  “You Decorated My Life” (Number Ones, track 9, 2006) by Kenny Rogers
Even out volume w/ software or decrease manually in Part B (speed slightly if desired)
(available as a download from Napster or Amazon)

RHYTHM: Bolero

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

FOOTWORK:  Opposite

SEQUENCE:  INTRO A B INTER A B ENDING  Released Oct., 2010

INTRODUCTION

1-4  R/R HANDS TRAIL FT FREE WAIT; SHADOW NEW YORKERS;; HIP ROCKS TO STACKED HANDS:
1   {wait}  In handshake trail foot free;
2-3  {shad NY's}  Sd R w/ rise, -, thru L to fc RLOD, bk R to fc; Sd L w/ rise, -, thru R to fc LOD, bk L to fc to BFLY;
4   {hip rks to stacked hnds}  Sd R joining L hnds underneath, -, rec L, rec R;

PART A**

1-2  X HAND UNDERARM TURN; OPEN BREAK TO TANDEM RLOD IN VARS POS;
1   {X hnd und arm trn}  Sd L raise R hnds, -, XRIB lead W to trn RF und ld hnds, rec L (trng RF sd & fwd R, -, fwd L cont RF trn, rec R to fc);
2   {op brk to tandem in Vars}  Sd R, -, apt L, fwd R trng ½ RF to fc RLOD (Sd L, -, rec R, fwd L trng ½ LF to momentary Vars);

3-6  SWEETHEARTS;; SWIVEL LADY TO CROSS BODY; X HAND REVERSE UNDERARM TRN;
3-4  {sweethearts}  Sd L, -, fwd R w/ slight RF body trn [R hnds high], rec L (sd R, -, bk L w/ slight LF body trn, rec R); Sd R, -, fwd L w/ slight LF trn [L hnds high], rec R (sd L, -, bk R w/ slight RF trn, rec L);
5   {swivel lady to cross body}  Sd L lowering L hnds in front of W’s leading her to swivel RF, -, slip bk R, fwd L (fwd R swiveling RF ½ to fc M & DLW, -, fwd L to Wall, sd R to fc ptr & COH);
6   {x hnd rev underarm trn}  Keeping hnds joined sd R, -, XLIif, rec R to fc (sd L, -, XRIif, rec L to fc ptr);

7-8  X HAND UNDERARM TURN; BREAK BK W/ M’S HEADLOOP TO ½ OP;
7   {x hnd und arm trn}  Sd L raise R hnds, -, XRIB lead W to trn RF joined hnds, rec L starting L hnds over M’s head (trng RF sd & fwd R, -, fwd L cont RF trn, rec R to fc);
8   {brk bk w/M’s headloop to ½ OP}  Sd R lowering L hnds to M’s shoulder & release, -, brk bk L, rec R to ½ OP LOD;

9-12  SWITCH & WALK 2 RLOD; SWITCH & WALK 2 LOD; TURNING BASIC;;
9   {switch & walk 2 RLOD}  Fwd L trng to L ½ OP, -, fwd R, fwd L;
10  {switch & walk 2 LOD}  Fwd R trng to ¼ OP, -, fwd L, fwd R;
11-12  {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;

13-16  CROSS BODY; SHOULDER TO SHOULDER 2X;; HIP ROCKS TO LOW BFLY;
13   {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);
14   {sh to sh}  Blending to BFLY sd R, -, XLIif, rec R (Sd L, -, XRIf, rec L);
15   {sh to sh}  Sd L, -, XRif, rec L (Sd R, XLIB, rec R);
16   {hip rks}  Sd R roll hip sd & bk, -, rec L w/ hip roll, rec R w/ hip roll to low BFLY;

**both hands remained joined throughout meas 1-7
PART B

1-4 START FAN; INTO HOCKEY STICK;; FORWARD BREAK;
1 {fan} Sd & bk L, -, bk R, rec sd L fcg WALL (sd & fwd R, -, fwd L, bk R trng LF);
2 {start hockey stk} Sd R, -, fwd L, bk R (sm bk L to fan pos, -, cl R, fwd L);
3 {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);
4 {fwd brk} Sd & fwd R, -, fwd L, bk R;

5-8 RIGHT PASS; OPEN BREAK; FENCeline W/ ARMS 2X;;
5 {R pass} Fwd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF fwd L to fc COH (fwd R look at ptr thru window, -, fwd L trn LF, bk R trng LF und jnd hnds);
6 {op brk} Sd R, -, apt L, rec R;
7-8 {fenceline w/ arms 2x} Sd L sweeping trailing arms up & over, -, XRif hnds toward LOD (2ND time RLOD), bk L returning to BFLY; Sd R sweeping arms up & over, -, XLif hnds toward RLOD (2nd time LOD), bk L to low BFLY;

9-16 REPEAT B MEAS 1-8 (STARTING COH AND ENDING WALL)

INTERLUDE

1-4 RIFF TURN; LUNGE SIDE & TWIRL RLOD; NEW YORKER; 2 SLOW ROCKS TO STACKED HANDS;
1 {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);
2 {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);
3 {new yorker} Sd R w/ rise, -, thru L to fc RLOD, bk R to fc;
SS 4 {2 sl rks} Low BFLY Sd L w/ hip roll joining R hnds, -, sd R w/ hip roll joining L hnds underneath, -;

REPEAT A
REPEAT B

ENDING

1-5 RIFF TURN; LUNGE SIDE & TWIRL RLOD; NEW YORKER; HIP ROCKS TO CP; RIGHT LUNGE & HOLD;
1 {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, completiing 2nd full spin under ld hnds);
2 {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);
3 {new yorker} Sd R w/ rise, -, thru L to fc RLOD, bk R to fc;
4 {hip rks} Sd L w/ hip roll blending to CP, -, rec R w/ hip roll to CP, rec L w/ hip roll;
5 {right lunge & hold} With slight rolling action sd & fwd R on soft knee look R (W look well to L), -,

*dedicated to my patient, loving, supportive, and talented husband