

Love Is My Life

Composers: Kenji & Nobuko Shibata

Record: Special Pressing
Footwork: Opposite, directions for man (lady as noted)
Phase: VI Rumba
Sequence: Intro A A B Tag

Suggested Speed: 43 RPM



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Meas. INTRO

1 - 4 WAIT;; DIAG BK CUCARACHA; ALEMANA;

- 1-2 (CP/Wall) Wait 2 meas;;
QOS 3 (Diag Bk Cucaracha) Release lead hnds sd & bk L sweeping lead hnds down look L, rec R lead hnds out & up, cl L joining lead hnds above head, -;
QOS 4 (Alemana) Bk R leading W tm RF under jnd lead hnds, rec L, sd R small stp, - (W XLIF of R & tm RF, fwd R cont tm RF, sd & fwd L to fc M, -) end in CP M fcg Wall;

PART-A

1 - 4 FULL BASIC WITH SYNCOPATION;; FWD BASIC; SYNCOPATED FAN;

- QOS 1-2 (CP/Wall) (Full Basic with Syncopation) Fwd L, rec R, trng slightly LF sd & bk L end M fcg
- Q&S DLW, -; Hold one count opening out W slightly RF shape L, bk R small stp comm RF tm/rec L cont RF tm, sd R twd LOD end in CP fcg COH;
QOS 3 (Fwd Basic) Fwd L, rec R, trng slightly LF sd & bk L end M fcg DRC, -;
- Q&S 4 (Syncopated Fan) Hold one count opening out W slightly RF shape L, bk R small stp comm RF tm/rec L cont RF tm, sd R twd RLOD, - (W hold one count trng upper body slightly RF to fc DRW, fwd L comm trng LF/fwd R cont trng LF, bk L twd LOD R ft extended fwd twd RLOD, -) end in Fan Pos M fcg Wall;

5 - 8 CHECKED HOCKEY STICK; NAT TOP; ADV OPENING OUT; SWITCH TO ADV OPENING OUT;

- QOS& 5 (Checked Hockey Stick) Fwd L, rec R, cl L to R raising jnd lead hnds above W's head, -/lower jnd lead hnds causing W swivel LF R hnd hold W's L shoulder L hnd extended sd (W cl R to L, fwd L, fwd R, -/swivel LF on R to fc ptr resting R hnd on M's L shoulder L hnd extended sd);
QOS 6 (Nat Top) XR toe IB of L heel toe turned out, swiveling RF on R sd L, cont tm RF on L fwd R small stp twd DC toe turned out, - (W comm trng RF on R sd L, XRIF of L toe, swivel RF on R sd L, -);
QOS 7 (Adv Opening Out) Trng RF on R fwd L twd LOD assuming Shadow Pos sliding R hnd to W's R shoulder blade & L hnd jnd, rec R, bk L toe twd RLOD without wgt joining R/R hnds at waist level, - (W swiveling RF on L bk R twd RLOD, rec L & swivel LF on L to fc ptr, fwd R toe outside ptr without wgt, -);
&QOS 8 (Switch to Adv Opening Out) Push R hnd sd & fwd causing W swivel RF/fwd L, rec R, bk L toe with wgt, - (W swivel RF on L ronde R CW/bk R twd RLOD, rec L & swivel LF on L to fc ptr, fwd R toe outside ptr with wgt knee flex, -) jnd R/R hnds held at waist level between ptr;

9 - 12 W SLOW RONDE & EXTEND; FWD TO LUNGE LINE BALANCING; W ROLL OUT TO L-SHADOW; SWEETHEART;

- SS 9 (W Slow RF Ronde) Lowering L heel push R sd & fwd causing W RF ronde, -, extend L sd of body sweep L hnd CW sd & up above head shape to R, - (W swivel RF on R knee flex ronde L CW to fc LOD, -, extend L fwd twd LOD extend L sd of body sweep L hnd CW sd & up above head shape to R, -);
QOS 10 (Lunge Line Balancing) Fwd R chg to L/R hnd hold, fwd L, flexing L knee rotate upper body RF to fc W & RLOD extending R hnd straight up shape to L, - (W rising on R draw L to R without wgt, -, extending L hnd straight up shape to R, -);
(W SS)

- QQS 11 (W Roll Out to L-Shadow) Trng slightly LF bk R twd COH lead W fwd, rec L chging R/R hnd hold, sd R place L hnd on W's R shoulder blade, - (W fwd L, fwd R across M & tm LF, sd & bk R, -) end in L-Shadow Pos both fcg Wall;
- QQS 12 (Sweetheart) Fwd L, rec R, cl L to R leading W tm RF chging hnd hold to L/R above head, - (W bk R, rec L, fwd R trng RF to fc M, -) end in Fcg os M fcg Wall lead hnd jnd above head;
- 13 - 16 ALEMANA TO SHADOW; KIKI WALKS SPIRAL; AIDA; SYNC CUBAN ROCKS;**
- QQS& 13 (Alemana to Shadow) Leading W tm RF under jnd lead hnd bk R, rec L, sd R small stp leading W tm RF assuming Wrapped Shadow Pos fcg LOD R hnd on W's R shoulder blade, - (W fwd & across body L & tm RF to fc DRW, fwd R & tm RF, fwd L and tm RF on L to fc LOD L hnd extended fwd, -) end in Wrapped Shadow Pos both fcg LOD;
- QQS 14 (Kiki Walks Spiral) Bk L, rec R, fwd L, leading W Spiral LF by raising jnd lead hnds, - (W bk R, rec L, fwd R and Spiral LF full tm on R to fc LOD allow L loosely XIF of R, -);
- QQS 15 (Aida) Fwd R, releasing R hnd hold fwd L and tm RF to fc RLOD, bk R leave L extended fwd twd RLOD, - (W fwd L, fwd R and tm LF to fc RLOD, bk L leave R extended fwd, -) end in V Bk-to-Bk Pos both fcg RLOD;
- Q&QS 16 (Sync Cuban Rocks) Sweeping free hnds CCW (W CW) transfer wgt to L/rec R, transfer wgt L, rec R, -;
- 17 - 20 RONDE THRU POINT & CHG SWAY; SPOT TRN; UNDERARM TRN; SYNC PIVOT 4;**
- SS 17 (Ronde Thru Point) Fwd L & flex knee trng LF to fc ptr ronde R CCW (W CW) & point R toe thru twd LOD look L sway to L lead hnd held low trailing hnd extended sd, -, rising on L chge sway to R look RLOD lead hnds held high trailing hnds low, -;
- QQS 18 (Spot Trn) Releasing lead hnds stp thru R & tm LF to fc RLOD leave R extended fwd, rec L trng LF to fc ptr and Wall, joining lead hnds sd R trailing hnds extended sd twd RLOD, -;
- QQS 19 (Underarm Trn) Raising jnd lead hnds XLIF outside ptr leading W tm LF, rec R, sd & bk L ~~comin trng RF to fc RLOD, - (W stp thru R & tm LF under jnd lead hnds to fc LOD leave L~~ extended fwd, rec L trng LF to fc ptr and COH, sd & fwd R between ptr's feet, -) end in CP M fcg RLOD;
- Q&QS 20 (Sync Pivot 4) Cont trng RF on L pivot RF along LOD fwd R/bk L, fwd R, sd L twd LOD, - end in CP M fcg Wall;
- 21 - 24 SWAY & W SWIVEL LF; W SWIVEL LF FULL TRN & CHG PT; BK TO DEVELOPE; W OUT TO FACE;**
- SS 21 (Sway & W Swivel LF) Extending right side of body sway to left looking at W jnd lead hnds extended sd wide open, -, straightening body upright raise jnd lead hnds to lead W swivel LF lower jnd lead hnds to waist level at end of swivel, - (W extend left side of body sway to right looking right, -, straightening body swivel LF on R half trn to to fc Wall leave L ft XIF of R pointing twd RLOD, -) end in Modif. Wrapped Shadow Pos both fcg Wall lead hnds jnd at waist level M's R hnd extended sd W's L hnd across body;
- SS (W S&S) 22 (W Swivel Full Trn & Chg Pt) Raising jnd lead hnds up above head flex L knee leading W swivel LF, -, rising on L by straightening knee lower jnd lead hnds join trailing hnds for Wrapped Pos, - (W swiveling LF on R by flexing knee under jnd lead hnds ronde L CCW, -, close L to R/extend R fwd twd Wall without wgt,-) end in Wrapped Pos both fcg Wall;
- SS (W QQS) 23 (Bk to Develope) Bk R upper body slightly leaning fwd sweeping both hnds down & sd to hold W's wrists, -, straighten upper body upright, - (W bk R upper body slightly leaning fwd sweeping both hnds down & sd draw L to R, straightening upper body upright raise L knee up toe pointing floor, upper body slightly leaning bk extend L toe fwd & dow to floor, -)
- SS (W QQS) 24 (W Out to Face) Fwd L leading tm LF, -, sd & fwd R assuming CP, - (W fwd L, fwd R & tm LF to fc ptr & COH, sd & bk L, -) end in CP M fcg Wall;

Repeat PART-A

PART-B**1 - 4 THREE THREES;;;;**

QQS 1-4 (CP/Wall) (Three Threes) Releasing R hnd hold fwd L, rec R, leading W spin RF cl L to R release L hnd & place both hnds on W's shoulders at the end of her tm, - (W bk R, rec L, fwd R & spin RF to fc Wall cl L to R without wgt, -) end in Tandem Pos both fcg Wall; Bk R, rec L, leading W spin LF cl R to L release both hnds & place both hnds on W's shoulders at the end of her tm, - (W replace wgt to L, replace wgt to R, replace wgt to L & spin LF full tm to fc Wall R close to L without wgt, -) end in Tandem Pos both fcg Wall; Releasing hnd hold diag fwd L, rec R, cl L, - (W diag bk R, rec L, fwd R & tm RF to fc ptr, -); Bk R, rec L, cl R to L joining both hnds to Bfly (W fwd L & tm RF to fc Wall, fwd R & tm RF to ptr, fwd & sd L twd M's R sd, -) end in BFLY M fcg Wall;

5 - 8 CONTINUOUS HIP TWIST;; CONTINUOUS HIP TWIST;;

QQS 5-6 (Continuous Hip Twist) Leading W tm RF sd L, rec R, cl L to R leading W swivel RF, - (W swivel RF on L & bk R twd COH, rec L & tm LF, fwd R toe small stp outside ptr & swivel RF to fc Wall, -); Releasing lead hnds bk R leading W fwd and tm LF, rec L, cl R to L assuming BFLY, - (W fwd L & tm LF, fwd R comm trng RF, cont tm RF sd & fwd L twd M's R sd, -) end in BFLY M fcg Wall;

QQS 7-8 Repeat Meas 5-6 of Part B;;

TAG**1-2 OPENING OUT SPIRAL (M TRANS); PRESS LINE;**

QQS 1 (Opening Out Spiral) Leading W tm RF sd L, rec R, cl L to R without wgt leading W spiral LF ~~under ind lead hnds raising both hnds up above W's head,~~ - (W swivel RF on L & bk R twd COH, rec L, fwd R & spiral LF to fc Wall leave L loosely XIF of R, -) end in Tandem Pos both fcg Wall; (now identical footwork)

SS 2 (Press Line) Joining R/R hnds fwd L on toe half wgt flex L knee sweeping L arms CW down & sd, -, shape to L & extend L hnd sd look left, -;