

LO MEJOR DE TU VIDA [THE BEST OF YOUR LIFE]

Music: Julio Iglesias
Cd: Mi Vida – Grandes Exitos
<https://www.amazon.com/-/es/Julio-Iglesias/dp/B00000DQHI>
Track # 13 Time 4:16 Shortened from 20,3 to 0.46,1 then from 44,9 to 1.09,2
Then from 1.23 to 1.48,5 Slow Down w/ -10% to Time 3:23
Available from choreographer

Rhythm: Slow Two Step Phase: V+2U (Rom Sways + R Spot Turn/Rondes)
Footwork: Opposite except where (Noted)
Release Date: Mars 25
Choreo: Jos.Dierickx Beverloesestwg 14b2 3853 Paal Belgium
E-mail: jos.dierickx@telenet.be
Sequence: INTRO A B C A(1-16) B(1-16) B(1-16) B(1-8) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; TURN INTO ROMANTIC SWAY'S ; ;

{Wait} Bfly Pos Wall Id ft free wt 2 meas ; ; {Trn Into Romantic Sway's} [Relsg Id hnds] Sd L & swiv LF (W RF) to bk-to-bk sweep Id hnds up & around to end stretched out to sd at shldr level, -, hip rk sd R, hip rk rec L ; Sd R & swiv RF (W LF) to fc bring Id hnds btwn ptrs to lead hip, -, hip rk sd L, hip rk cl R to BFLY WALL ;

05-08 SIDE BASIC ; BASIC ENDING/W WRAP to LOD ; SWEETHEART RUN TWICE to FACE ; ;

{Sd Basic} Sd L, -, XRib (W XLib), rec L ; {Basic Endg/W Wrap to LOD} [keepg both hds jnd] Sd R, -, Id W to trn under Id hnds press L ft in bk of R, rec R to fc LOD (W sd L, -, fwd & across R trng LF under jnd Id hnds, cont LF trn sd & fwd L to fc LOD) end in Wrap Pos fcg LOD ; {Sweetheart Run x 2 to Fc} Still Wrapped pos LOD Fwd L, -, R, L ; Fwd R, -, L, fwd & sd R trng LF (W RF) to CP WALL ;

09-12 RIGHT SPOT TURN w/ RONDES ; ; ; ;

{Right Spot Trn w/ Rondes} [Similar to a natural top w/ M & W alternating action in CP] Comm ½ RF trn sd L & ronde R CW, -, XRib cont RF trn, sd L cont RF trn (W comm ½ RF trn XRif btwn ptr's ft, -, sd L cont RF trn, XRif cont RF trn) ; Cont another ½ RF trn XRif btwn ptr's ft, -, sd L con RF trn, XRif cont RF trn (W sd L & ronde R CW cont RF trn, -, XRib cont RF trn, sd L cont RF trn) to CP WALL ; Repeat meas 9,10 INTRO ; ;

PART A

01-04 LUNGE BASICS w/ ARMS ; ; SOLO TURN SIX to BFLY ; ;

{Lunge Basic w/ Arms x 2} Sd L extg Id arm to sd, -, rec R, XLif (W XRif) ; Sd R extg trl arm to sd, -, rec L, XRif (W XLif) to BFLY WALL ; {Solo Trn 6 to Bfly} Rollg individually LF (W RF) Fwd L, -, sd R, bk L to mom LOP RLOD ; Contg roll bk R, -, sd L, cl R to BFLY WALL ;

05-08 UNDERARM TURN ; FENCE LINE w/ ARMSWEEP TWICE ; ; REVERSE UNDERARM TURN ;

{Underarm Trn} [Raisg jnd Id hnds] Sd L, -, XRib, rec L (W sd R com RF trn undr jnd Id hnds, -, XLif cont RF trn ½, rec R compg full trn) to BFLY WALL ; {Fence Line w/ Armsweep x 2} Sd R, -, [circg trl arm full CW (W CCW)] XLif (W XRif) on soft knee, rec R ; Sd L, -, [circg trl arm full CCW (W CW)] XRif (W XLif) on soft knee, rec L to BFLY WALL ; {Reverse Undrm Trn} [Relg trl hnds & raisg jnd Id hnds palm-to-palm] Sd R, -, XLif, rec R (W sd L comm LF trn undr jnd Id hnds, -, XRif cont LF trn ½, rec L compg full trn) to BFLY WALL ;

09-12 SIDE LUNGE & ROLL to RLOD ; SIDE LUNGE & ONE RIFF TURN ; AIDA PREPARATION ; AIDA LINE SWITCH & RECOVER ;

{Sd Lunge & Roll to RLOD} Lunge sd L extend Id arms to LOD, -, roll RF (W LF) to RLOD sd & fwd R, bk L cont RF trn to BFLY WALL ; {Sd Lunge & One Riff Trn} Sd lunge R, -, raisg Id hnds sd L leadg W to spin RF, cl R (W sd Lunge L, -, rec R spinng RF 1 full trn, cl L) ; {Aida Prep} [Relg trl hnds] Sd L trng LF (W RF) to slight V pos LOD, -, thru R to OP LOD, trng RF (W LF) sd L to BFLY WALL ; {Aida Line Switch & Rec} Trng RF (W LF) bk R to V BK-TO-BK RLOD free hnds up & out, -, swiv LF (W RF) on R sd L to fc ptr, rec R & Pickg up in low Bfly ;

13-16~ FOUR TRAVELING CROSS CHASSE to BFLY WALL [2^{de} Time: Pickg Up] ; ; ; ; ONE SINGLE RIFF TURN & PICKG UP ~ ;

{4 Traveling X-Chasse to BFLY WALL & Pickg Up} Trng LF fwd L twd DLC, -, w/ rt shldr Id sd & fwd R twd DLW, XLif (W XRif) ; Trng RF sd & fwd R twd DLW, -, w/ lft shldr Id sd & fwd L twd DLC, XRif (W XLif) ; Repeat meas 13,14 Part A & end to BFLY WALL [2^{de} Time: Pickg Up] ; ; {One Single Riff Trn ~} [QQ] Relg trl hnds & raisg jnd Id hnds sd L, cl R (W sd & fwd R spin RF, cl L compg full trn undr Id hnds) to BFLY WALL & Pickg up ;

PART B

01-04 TRIPLE TRAVELER ; ; ; BASIC ENDING ;

{Triple Traveler} Fwd L trng LF & raisg jnd ld hnds to ld W into LF trn, -, fwd R, fwd L (*W bk R trng ¼ LF, -, sd L trng ½ undr jnd ld hnds, sd & fwd R contg trn to LOP LOD*) ; Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (*W fwd L, -, fwd R, fwd L*) ; Fwd L bring jnd hnds dwn & bk in cont circ motion to ld W into RF trn, -, fwd & sd R to fc ptr, XLif (*W fwd R comm RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc ptr*) ; **{Basic Endg}** Sd R, -, XLib, rec R to BFLY COH ;

05-08 To RLOD TRIPLE TRAVELER ; ; ; BASIC ENDING ;

~**{To Rlod Triple Traveler}** [To RLOD] Repeat meas 1,2,3 Part B ; ; ; **{Basic Ending}** Repeat meas 4 Part B to rt Hndshk WALL [3^{the} Time: to BFLY WALL] ;

09-12 RIGHT HAND UNDERARM TURN UNDERTURNED to TANDEM WALL ; THREE SWEETHEARTS/ W SWIVEL to FACE ; ; ;

{rt Hnd Underarm Trn Undertrnd to Tandem Wall} [w/ rt hndshk] Sd L, -, raisg rt hnds sm bk R, rec L (*W sd & fwd R, -, trng ½ RF undr jnd rt hnds XLif, fwd & sd R cont RF trn to Tandem Wall*) keep rt hndshk in Tandem WALL ; **{3 Sweethearts/W Swiv to Fc}** [Still rt hnds jnd] Sd R, -, XLif, rec R (*W sd L, -, XRib, rec L*) ; [Chg lft hnds jnd] Sd L, -, XRif, rec L (*W sd R, -, XLib, rec R*) ; [Rejn rt hnds] Sd R, -, XLif, rec R (*W sd L, -, XRib, rec L swiv ½ RF*) to Loose CP WALL ;

13-16 ~ STROLLING VINE w/ INSIDE & OUTSIDE ROLL ; ; ; ONE SINGLE RIFF TURN ~;

{Strolling Vine w/ Inside Roll & Outside Roll} [SS] Sd L, -, XRib (*W XLif w/ LF trn like a pick up*), -, Trng LF sd & fwd L raisg jnd ld hnds to ld W's LF trn, -, contg LF trn sd R, XLif (*W sd & bk R trng LF, -, contg to trn undr ld hnds roll LF L, R twd LOD*) to loose CP COH ; [SS] Sd R, -, XLib (*W XRif startg RF trn*), -, Trng RF sd & fwd R raisg jnd ld hnds to ld W's RF trn, -, contg RF trn, sd L, XRif (*W sd & bk L trng RF, -, contg to trn under ld hnds roll RF R, L twd LOD*) to BFLY WALL [2^{de} & 3^{the} Time: to Pickg Up] ; **{One Single Riff Trn ~}** Repeat meas 17 Part A ;

PART C

01-04 FULL BASIC ; ; TURN INTO ROMANTIC SWAYS ; ;

{Full Basic} Sd L, -, XRib (*W XLib*), rec L ; Sd R, -, XLib (*W XRib*), rec R to BFLY WALL ; **{Trn Into Romantic Sway's}** Repeat meas 3,4 Intro ; ;

05-06 UNDERARM TURN ; M UNDERARM TURN ;

{Underarm Trn} Repeat meas 5 Part A ; **{M Underarm Trn}** [Relsg ld hnds] Sd R com RF trn under jnd trl hnds, -, XLif cont RF trn ½, rec R complg full trn (*W sd L raisg jnd trl hnds palm-to-palm, -, XRib, rec L*) to BFLY WALL ;

ENDING

01-02 PROMENADE SWAY & CHANGE SWAY ; ;

{Promenade Sway & Change Sway} Sd & fwd lft trng to SCP stretchg lft sd of body slightly upward to look over jnd ld hnds, relax left knee (*W sd & fwd rt trng to SCP stretchg rt sd of body slightly upward to look over jnd ld hnds, relax R knee*), -, -, - ; Chg sway stretchg L sd (*W trn head to L*) ;