

PARA TODA LA VIDA (For The Whole Life)

Music: Marcela Morelo
<https://www.amazon.com/-/es/dp/B004298V4M>
Cd: Fuera del Tiempo Track # 6 Time 4:38
<https://www.youtube.com/watch?v=OZNfUFBYeGc>
Shortened from 2.13,1 to 3.27 to Time 2:30
Slow down w/ -10% tot Time 2:46 Available from choreographer

Rhythm: Cha Cha Phase: V + Several U

Footwork : Opposite except where (Noted)

Release Date : May 23

Choreo: Jos Dierickx Beverlosestwg 14/B2 3583 Paal Belgium

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Sequence : INTRO AB INTRO(5-12) A(9-16) B A(1-8) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;

{Wait} Bfly Pos Wall ld ft free wt 4 meas ; ; ; ;

05-08 BASIC w/ RONDE & HIP TWIST CHASSE ; ; OP HIP TWIST INTO FAN ; ;

{Basic w/ Ronde & Hip Twist Chasse} Fwd L, rec R, ronde L sd & bk XLib/sm sd R, sd L ; Bk R, rec L, XRif trng hips LF/cl L trng hips RF, sd R ; {OP Hip Twist Into Fan} Repeat meas 5 Intro pushg ld arm fwd gently to trn W (W rk bk R, rec L, fwd R/fwd L, fwd R swiv ¼ RF on R) ; Repeat meas 6 Intro (W fwd L, fwd R trn ½ LF, bk L/lk Rif, bk L) to Fan Pos ;

09-12 EXIT FAN to TANDEM WALL ; OPPOSITE CUCARACHA's ; ; LADY ROLL OUT ;

{Exit Fan to TANDEM WALL} Fwd L, rec R raisg ld hnds leadg W to wrap, ipl L/sd R, cl L (W cl R, fwd trng ¼ LF under ld hnds to wrap, sd R/cl L, ipl R) to Tandem WALL [Ld hnds still jnd above the head] ; {Opp Cucaracha's} Sd R w/ partial wgt & trl arms out to sd (W sd L w/ partial wgt), rec L, ipl R/L, R ; Sd L w/ partial wgt (W sd R w/ trl arms out to sd), rec R, ipl L/R, L ; {W Roll Out} Bk R, rec L, fwd R/lk Lib, fwd R (W fwd L, fwd R trng ½ LF, bk L/lk Rif, bk L) to BFLY WALL ;

PART A

01-04 SPRING BREAK ; M ACROSS/W INSIDE TURN to "L" POS ; SLING SHOT INTO FAN ; ;

{Spring Break} Rk fwd twd Wall L, rec R, XLib/rec R, push off R to lunge sd LOD L (W rk bk R, rec L, fwd twd M R/cl L while swvlg ¼ RF to fc LOD, push off L to sit bk on R) to end M fcg Wall and W fcg LOD w/ ld hnds jnd low while lookg at ptr ; {M Across/W Insd Trn to "L" Pos} Fwd R twd Wall Xg ifo W while trng ¼ RF to fc RLOD, sd L trng ¼ RF to fc COH while raisg jnd ld hnds, chasse sd LOD R/L, R checkg sdwrtd mvt and catchg W in rt arm (W fwd LOD L, fwd R trng ½ LF undr jnd ld hnds, bk LOD L/lk Rif, bk L) to "L" pos w/ M fcg COH and W fcg RLOD ; {Sling Shot Into a Fan} Lunge sd RLOD L lookg at ptr, rec R, chasse sd RLOD L/R, L (W bk & sd R LOD trng hips slightly RF, rec L to fc RLOD, fwd RLOD R/lk Lib, fwd R) ; Rk bk R trng hips slightly RF, rec L, ipl R, L, R (W fwd L to RLOD, fwd R trng ½ LF, bk L/lk Rif, bk L) to Fan Pos M fcg COH/W fcg LOD ;

05-08 ALEMANA FROM A FAN INTO LARIAT/M SWIVEL to FACE ; ; ; SIDE WALK 3 to RLOD ;

{Alemana From a Fan Into a Lariat/M Swiv to Fc} Fwd L, rec R, sm sd L/cl R, sd L (W cl R, fwd L, fwd R/lk Lib, fwd R trng RF to fcg M's lft sd) ; Raisg jnd ld hnds XRib, rec L, sd R/cl L, sd R (W trng RF undr jnd hnds fwd L & swvl RF, fwd R & swvl RF, fwd & sd L/cl R, sd L) to end W slightly offset twd M's rt sd ; Sd L, rec R, cl L/ip R, L swiv ½ LF to fc ptr (W circ CW arnd M fwd R, fwd L, fwd R/lk Lib, fwd R swiv ¼ RF to fc ptr) ; {Sd Walk 3 to Rlod} Sd R, cl L, sd R/cl L, sd R to BFLY WALL ;

09-12 BACK BREAK INTO TRIPLE CHA's to LOD ; ; AIDA INTO TRIPLE CHA's to LOD ; ;

{Bk Break Into Triple Cha's to LOD} [Relg ld hands] XLib (W XRib) to OP LOD, rec R, w/ bdy trn twd ptr fwd L/lk Rib (W lk Lib), fwd L ; w/ Bdy trn awy from ptr fwd R/lk Lib (W lk Rib), fwd R, w/ bdy trn twd ptr fwd L/lk Rib (W lk Lib), fwd L ; {Aida into Bk Tripple Cha's} Thru R to fc LOD xg R hnd ovr L, sd L trng ½ RF fcg LOP RLOD, bk R/lk Lif, bk R to V bk-to-bk ; w/ bdy trn twd ptr bk L/lk Rif (W lk Lif), bk L ; w/ Bdy trn awy from ptr bk R/lk Lif (W lk Rif), bk R ;

13-16 SWITCH CROSS ; CRAB WALK ENDING ; SPOT TURN TWICE ; ;

{Switch Cross} Trng LF to fc ptr bk & sd L, rec R to BFLY, XLif (W XRif)/sd R, XLif (W XRif) ; {Crab Walk Endg} Sd R, XLif (W XRif), sd R/cl L, sd R ; {Spot Trn x 2} [relsg both hnds] XLif (W XRif) trng ½ RF, rec R contg to trn to fc ptr, sd L/cl R, sd L ; XRif (W XLif) trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to BFLY WALL ;

PART B

01-04 START CROSS BODY to TUMMY CHECK & BACK w/ rt Hndshk ; ; FINISH CROSS BODY & SINGLE CUBAN BREAK ;

{Start Cross Body to Tummy Check & Bk w/ rt hndshk} Fwd L, rec R trng ¼ LF to LOD, sd L/cl R, sd L (*W bk,R, rec L, fwd R/lk Lib, fwd R*) ; [Stop the W w/ ld hnd] Lunge sd R, rec L, ipl R, L, R (*W [Both arms fwd] fwd L, rec R, ipl L, R, L*) ; Lunge sd L, rec R w/ rt hndshk, ipl L, R, L (*W bk R, rec L & rt hndshk, ipl R, L, R*) ; **{Finish X-Body & Single Cuban Break}** Bk R, rec L trng ¼ LF to fc ptr, XRif/rec L, sd R (*W fwd L comm LF trn, fwd & sd R cont LF trn to WALL, XLif/rec R, sd L*) to BFLY COH, -;

05-08 CROSS BODY/W INSIDE UNDERARM TURN & rt Hndshk ; ; TRADE PLACES TWICE ; ;

{Cross Body / W Insd Underarm Trn & rt Hndshk} Fwd L, rec R to CP trng ¼ LF to fc RLOD, chasse twd WALL L/R, L (*W bk R, rec L, fwd R/lk Lib, fwd R*) end L-Shape CP M fcg RLOD (*W fc WALL*) ; Bk R leadg W fwd, raisg jnd ld hnd to lead W trn LF rec L trng ¼ LF to fc WALL, chasse twd RLOD R/L, R (*W fwd L, fwd R comm trng 1-1/2 LF under jnd ld hnds, cont trng LF sd L/cl R to fc COH, sd L*) to rt Hndshk WALL ; **{Trade Places x 2}** [w/ rt hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc RLOD (*W trn LF*), slide bhd W sd L/cl R reachg lft hnd to W's lft forearm & slidg hnd dwn her arm, sd L trng ¼ RF (*W ¼ LF*) to lft hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc RLOD (*W trn RF*), slidg bhd W sd R/cl L reachg rt hand to W's rt forearm & slidg hnd dwn her arm, sd R trn ¼ LF (*W ¼ RF*) to LOP WALL No Hndhold ;

09-12 START CHASE INTERRUPT w/ TRAVELING DOORS ; ; M TURN to FACE ;

{Start Chase Interrupt w/ Traveling Doors} Fwd L trng ½ RF, rec R, fwd L/lk Rib, fwd L (*W bk R, rec L, fwd R/lk Lib, fwd R*) ; Rk sd R, rec L, XRif (*W XLif*)/sd L, XRif (*W XLif*) ; Rk sd L, rec R, XLif (*W XRif*)/sd R, XLif (*W XRif*) to Tandem COH/M in front ; **{M Trn to Fc}** Fwd R trng ½ LF to fc ptr, rec L, fwd R/lk Lib, fwd R (*W fwd L, rec R, bk L/lk Rif, bk L*) to BFLY WALL ;

ENDING

01-05 SPRING BREAK ; M ACROSS/W INSIDE TURN to "L" POS ; SLINGSHOT CROSS BODY ; W OUT to FACE ;

QUICK AIDA to RLOD & EXTEND ARMS ;

{Spring Break} Repeat meas 1 Part A ; **{M Across/W Insd Turn to "L" Pos}** Repeat meas 2 Part A ; **{Slingshot Cross Body}** Lunge sd RLOD L lookg at ptr, rec R, chasse sd RLOD L/R, L (*W bk & sd R LOD trng hips slightly RF, rec L to fc RLOD, fwd RLOD R/lk Lib, fwd R*) ; **{W Out to FC}** Sm bk R comm to trn LF like a Slip Pvt, sm fwd L cont trn to fc Wall, chasse sd RLOD R/L, R (*W fwd L comm LF trn, fwd & sd R cont trn to fc COH, chasse sd & bk L/cl R, sd & bk L*) to BFLY WALL ; **{Quick Aida to RLOD & Extend Arms}** [QQQ] Thru L RLOD, sd R to fc rel ld hnds & jn trl hnds, trng LF bk L to V BK-TO-BK Lod & Extend ld arms up & out ;