

A LONG AND LASTING LOVE

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MUSIC: "A Long and Lasting Love", Jennilyn Mercado, *Love Is?*,
Available as download from Amazon (slow 7-8%, or as desired)

RHYTHM: Slow Two Step

PHASE: PH V+2 (fallaway ronde & slip & same foot lunge) +2 (the square, &
traveling right turn w/ outside roll) Average Difficulty

FOOTWORK: Opposite, unless otherwise noted (W's footwork in parentheses)

SEQUENCE: INTRO A B A B A (1-11) ENDING

INTRODUCTION

1-4 LOW BFLY LOD WAIT;; 2 TRAVELING CROSS CHASSES TO FACE WALL;;

1-2 *{wait}* Low BFLY LOD ld feet free wait;;

3-4 *{2 traveling x chasses}* W/ hnds at waist level elbows in fwd L trng slightly LF, -, sd & fwd R, XLIF (W bk R slight LF trn, -, sd & bk L, XRIF); Fwd R trng slightly RF, -, sd & fwd L, XRIF to fc WALL (Bk L trng slightly RF, -, sd & bk R, XLIF);

5-8 UNDERARM TURN; OPEN BREAK; CHANGE SIDES UNDARM TO CP; FALLAWAY RONDE & SLIP;

5 *{undarm trn}* Sd L, -, XRIB, rec L (Sd R comm to trn RF under lead arms, -, XLIF trng to fc RLOD, fwd R trng to fc ptr);

6 *{op brk}* Sd R, -, rk apt L, rec R;

7 *{chg sds}* Fwd L spiraling RF ½ & leading W to trn LF under joined hnds, -, sd R to fc COH, XLIF (Fwd R spiraling LF ½ und joined hnds to fc ptr, -, sd L fcg ptr & WALL, XRIF);

8 *{fallaway ronde & slip}* blending to CP sd & bk R to SCP w/ ronde leading lady to ronde to SCP, -, XLIB, bk slipping lady to CP RLOD (Sd & bk L w/ ronde, -, XRIB, fwd L to CP);

9-11 CORTE & REC; LEFT TURN INSIDE ROLL; BASIC ENDING TO BFLY;

9 *{corte & rec}* Dip bk L, -, rec R, -;

10 *{left trn inside roll}* Fwd L trng LF to fc WALL, -, sd R, XLIF (Bk R trng LF ¼, -, sd L trng LF und lead arms, sd R to fc ptr);

11 *{basic ending BFLY}* Sd R, -, XLIB, rec R to BFLY (Sd L, -, XRIB, rec L);

PART A

1-4 LUNGE BASIC; SWEETHEART WRAP/LADY IN 2; SWEETHEART RUNS TO;;

1 *{lunge basic}* Sd L, -, rec R, XLIF (Sd R, -, rec L, XRIF);

2 *{sweetheart wrap/lady in 2}* Sd R, -, XLIB leading W to trn LF, rec R wrapping lady to fc LOD (Sd L, -, XRIF trng LF, -);

3-4 *{sweetheart runs}* In wrapped pos same ft free fwd L, -, fwd R, fwd L; Fwd R, -, fwd L, fwd R curving RF;

5-8 SWEETHEART SWITCH; LADY ACROSS TO SHADOW; SHADOW REVERSE TRN;;

5 *{sweetheart switch}* Trng RF fwd & sd L across W both spinning RF to fc LOD W now on M's L sd, -, fwd R, fwd L (Trng RF fwd & sd L in wrapped trng RF to L wrap pos LOD, -, fwd R, fwd L);

6 *{lady across to shad DLC}* Sm stp fwd R moving lady across body, -, fwd L, fwd R blending to SHAD DLC (Fwd R across M, -, fwd L, fwd R to SHAD DLC);

7-8 *{SHAD rev trn}* In SHAD w/ same ft work fwd L trng LF, -, cont trn sd & bk R, bk L to fc RLOD; Bk R trng LF, -, cont trng sd & fwd L, fwd R to SHAD DLW;

PART A (CONTINUED)

9-11 SHADOW WHISK; FWD SIDE CLOSE/LADY RIGHT ROLL 2 TO CP; SWAY LEFT & RIGHT;

- 9 {shad whisk} Fwd L, -, sd R, XLIB to whisk line fcg LOD;
 10 {fwd sd cl/lady R roll 2 to CP} Fwd R, -, sd L, cl R to CP WALL (Trng RF fwd R trng to fc RLOD, -, bk L trng RF blending to CP, -);
 11 {sway L & R} Sd L w/ L sd stretch, -, sd R w/ R sd stretch, -;

12-15 OPEN BASICS;; SWITCHES TO;;

- 12-13 {open basics} Sd L, -, trng to left ½ OP brk bk R, rec L to cuddle pos; Sd R, -, trning to ½ OP brk bk L, rec R preparing to fold across lady;
 14-15 {switches} Crossing IF of W sd & Bk L trng RF, -, cont trng fwd R, fwd L toeing twd ptr to L 1/2 OP (Fwd R betw M's feet, -, fwd L, fwd R preparing to XIF of M); Fwd R betw W's feet, -, fwd L, fwd R (Crossing IF of M sd & bk L trng RF, -, cont trng fwd R to ½ OP, fwd L toeing twd ptr to 1/2 OP);

16-19 THE SQUARE;;;;

- 16-19 {the square} Like a switch sd L crossing IF of W, -, trng RF sd R twd COH in L ½ OP, XLIF of R (Fwd R, -, sd L twd COH, XRIF of L starting to XIF of M); Fwd R, -, sd L twd RLOD, XRIF of L starting to XIF of W (Like a switch sd L crossing IF of M, -, trng RF sd R twd RLOD in ½ OP, XLIF of R); Like a switch sd L crossing IF of W, -, trng RF sd R twd WALL in L ½ OP, XLIF of R (Fwd R, -, sd L twd WALL, XRIF of L starting to XIF of M); Fwd R, -, sd L twd LOD, XRIF; (Like a switch sd L crossing IF of M, -, trng RF sd R twd LOD in ½ OP, XLIF of R);

20-22 SIDE BASIC; FALLAWAY RONDE & SLIP; CORTE & RECOVER;

- 20 {sd basic} Sd L blending to CP, -, XRIB (W XLIB), rec L;
 21 {fallaway ronde & slip} Sd & bk R w/ ronde leading lady to ronde to SCP, -, XLIB, bk slipping lady to CP DLC (Sd & bk L w/ ronde, -, XRIB, fwd L to CP);
 22 {corte & rec} Dip bk L, -, rec R, -;

PART B

1-4 TRIPLE TRAVELER;;; OPEN BREAK;

- 1-3 {triple traveler} Fwd L trng LF to fc COH, -, sd R, XLIF (Bk R trng LF ¼, -, sd L trng LF und lead hnds, sd R cont trng LF to fc ptr); Sd & fwd R spiraling LF und jnd hnds, -, hnds extended LOD fwd L, R (Trng to fc LOD fwd L, -, fwd R, fwd L); Fwd L bringing hnds down & bk starting circular motion, -, fwd R bringing hnds up around leading W to roll RF, XLIF to fc COH (Fwd R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwd R toeing to ptr);
 4 {op brk} Sd R, -, rk apt L, rec R;

5-8 CHANGE SIDES UNDERARM; BASIC ENDING; LUNGE BASICS INTO;;

- 5 {chg sds underarm} Fwd L spiraling RF ½ & leading W to trn LF under joined hnds, -, sd R to fc WALL, XLIF (Fwd R spiraling LF ½ und joined hnds to fc ptr, -, sd L fcg ptr & COH, XRIF);
 6 {basic ending} Sd R, -, XLIB, rec R to BFLY (Sd L, -, XRIB, rec L);
 7-8 {lunge basics} Sd L, -, rec R, XLIF; Sd R, -, rec L, XRIF raising ld hd preparing to lead W to comm lace across (Sd R, -, rec L, XRIF; Sd L, -, rec R, XLIF preparing to cross IF of M DLC);

PART B (CONTINUED)

9-12 TANDEM CROSS HOVERS 4X LOD END FACING WALL;;;:

9-12 *{tandem X hovers 4X to LOD end fcg WALL}* Crossing beh W fwd L twd DLW, -, sd & fwd R W/ rise to fc DLC, rec L; Crossing beh W fwd R, -, sd & fwd L w/ rise to fc DLW, rec R; Crossing beh W fwd L twd DLW, -, sd & fwd R w/ rise to fc DLC, rec L; Crossing beh W fwd R, -, sd & fwd L to fc WALL, slightly fwd XRIF to fc WALL; (Crossing IF of M und ld hnd fwd R, -, sd & fwd L w/rise to fc DLW, rec R; Crossing IF of M und ld hnd fwd L, -, sd & fwd R w/ rise to fc DLC, rec L; Crossing IF of M und ld hnd fwd R, -, sd & fwd L w/ rise to fc DLW, rec R; Crossing und ld hnd fwd L comm to fc M, -, sd & fwd R to fc ptr, XLIF to fc ptr & COH); [progresses LOD]

13-16 UNDERARM TURN; BASIC ENDING; TRAVELING RIGHT TURN; OUTSIDE ROLL TO BFLY;

13 *{undarm trn}* Sd L, -, XRIB, rec L (Sd R comm to trn RF under lead arms, -, XLIF trng to fc RLOD, fwd R trng to fc ptr);

14 *{basic ending}* Blending to CP sd R, -, XLIB, rec R comm RF trn;

15 *{traveling R trn}* Cont trng RF crossing IF of W sd & bk L to fc RLOD, -, XRIB, twist trn RF 5/8 on both ft to fc DLW shifting wgt to L to fc DLW (Fwd R betw M's ft, -, fwd L, fwd R around M to BJO);

16 *{outside roll}* Fwd R trng slightly RF to fc WALL & raising ld hnds to lead W to trn RF, -, sd L, XRIF to fc ptr & WALL (Trng RF bk L to fc ptr, -, cont trng RF und jnd ld hnds fwd R trng RF to fc RLOD, bk L trng RF to fc M);

REPEAT A**REPEAT B****REPEAT A (1-11)**

ENDING

1-3+ TWIST VINE 3; NATURAL PREPARATION FC COH; HOLD 2 & LOWER TO SAME FOOT LUNGE; [HOLD AS MUSIC FADES]

1 *{twist vine 3}* Sd L, -, XRIB, sd L (Sd R, -, XLIF, sd R);

2 *{nat prep to fc COH}* Fwd R crossing IF of W to fc RLOD, -, bk L LOD trng RF, tch R to L to fc COH with slight R sd stretch opening W's head (Bk L trng RF to CP, -, fwd R trng RF, cl L rising to toes to CP trng slightly to DRW);

3+ *{hold 2 & lower to same ft lunge}* Hold, -, lowering on L reach R sd & slightly fwd, push transferring wgt to R w/ soft knee about word "love" (Hold, -, reach bk with R toe well under body, take wgt on R head well to left); [timing of last meas. is approximate]