

# AMAR Y VIVIR – LOVE and LIVE (REVISED)

Music: Gigliola Cinquetti et Los Trios Panchos – Cd. En Mexico - Track #9

Available by Choreographer.

Rhythm : Rumba

Phase : V + 1 (Turk.Towel)

Footwork : Opposite, except where noted.

Release Date : Oct.2011

Choreo : Jos.Dierickx – Beverlosestwg. 14B2 – 3583 – Paal – Belgium

Email : Jos.dierickx@telenet.be

**SEQUENCE: INTRO ABC A C (1-14) END**



**INTRO : VARS/WALL - LEAD FEET FREE - START AFTER 4° NOTE**

## PART A

### 01-04 : FULL MOON ; ; ;

01-02 : **[Fwd Basic W swivel for a Xbody to Varsou]** Fwd L, rec R Release Left Hands, sd & bk L trng LF to LOD, - (W fwd R, rec L Release Left Hands, small fwd R swiveling RF to COH, -) ; Bk R trng LF, rec L cont LF trn to COH, fwd R to COH & Shadow, - (W fwd L, fwd R w/ spiral 7/8 LF, fwd L, -) to VARS/COH ;

03-04 : **[Fwd Basic W swivel for a Xbody to Varsou]**

Repeat Meas 1 Part A to WALL ;

Repeat Meas 2 Part A to VARS/WALL ;

### 05-08 : FWD BASIC/W HIP TWIST to FAN ; ; HOKEY STICK w/ SPIRAL ; ;

05-06 : **[Fwd Basic W Hip Twist to Fan]** Release Left Hands ]Fwd L, rec R, bk L, - (W fwd R, rec L, small fwd R w/ a Hiptwist to LOD,-) ; Bk R, rec L, cl R, - (W fwd L to LOD, fwd R trng ½ LF to RLOD, bk L, -) ;

07-08 : **[Hokeystick w/ Spiral]** Fwd L, rec R, cl L, - (W cl R to L, fwd L, fwd R, Spiral 1/1 LF,-) ; Bk R, rec L, sd & fwd R, - (W fwd L, fwd R trng LF under lead hnd to fc prtn, sd L, -) ;

## PART B

### 01-08 : N.Y x 2 ; ; THRU SERPIENTE ; ; AIDA ; ROCK 2 & SWIVEL to FC ; SPOT TURN x 2 ; ; & R-HNDSHK

01-02 : **[N.Y x 2]** Trng to RLOD fwd L, rec R to fc Prtn, sd L, - ; Trng to LOD fwd R, rec L to fc prtn, sd R, - ;

03-04 : **[Thru Serpiente]** Thru L, sd R, XLIBR, fan CW ; XRIBL, sd L, XRIFL, fan CW ;

05---- : **[Aida]** Thru L comm trn LF, sd R cont trn, bk L,- end Aida V- Line Pos fc LOD ;

06---- : **[Rock 2 en Swivel to Fc]** Rk fwd R, rk bk L, rk fwd R trn RF to fc ptr & Wall, - ;

07-08 : **[Spot Turn x 2]** XLIFR trn 3/4 RF, rec R cont trn to fc & Wall, sd L,- (W XRIFL) ; XRIFL, trn ¾ LF, rec L cont trn to fc & Wall, sd R, - (W XLIFR) ; & Hndshk

### 09-16 : ½ BASIC to TURK. TOWEL ; ; ; W TRN OUT to FC ; FLIRT ; ; SWEETHEART/W to FC ; CUCARACHA ;

09-11 : **[1/2 Bas. to Turk Tow.]** R-HNDSHK WALL Fwd L, rec R, sd L (W bk R, rec L, sd & fwd R), - ; Bk R, rec L, sd R to VARS M in front W to her right sd (W XLIFR trn RF under R hnds, fwd R cont trn, fwd L arnd M join L hnds), - ; Ck bk L, rec R, sd L to W left sd (W ck fwd R, rec L, sd R), - ;

12---- : **[W Trn Out to Fc]** XRIBL, rec L, sd R to Wall,-(W XLIFR comm LF trn, fwd R cont LF trn to fc, sd L COH) ;

13-14 : **[Flirt]** Fwd L, rec R sd L Idg W to trn LF to VARS, -(W Bk R, fwd L, fwd R trng LF to VARS, -) ; Bk R, rec L, sd R, - (W bk L, rec R, sd L mvg to the L in frnt of M to LVAR, -) ;

15-16 : **[Sweetheart /W to Fc]** Ck fwd L with R sd Id to contra ck like action, rec R straightng bdy, sd L, (W Bk R w/ L sd Id to contra ck like action, rec L straightening bdy, sd R trng RF to fc prtn, -) - ;

**[Cucaracha]** Sd R, rec L, cl R to L (W Sd L, rec R, cl L to R, -), - ;

## PART C

### 01-08 : ½ BAS to FULL NAT TOP ; ; ; CUDDLE x 3/W SPIRAL ; ; ; to a FC FAN LOD ;

- 01-04 : **[1/2 basic]** Fwd L, rec R, sd & fwd w/ ¼ RF trn L, - ; **[Full Nat Top]** trng CW XRIBL, sd L, XRIBL, - (W sd L, XRIFL, sd L, -) ; **Cont** trng CW sd R, XLIBR, sd R, - (W XRIFL, sd L, XRIFL) ; **Cont** trn CW to Wall XRIBL, sd L, sd cl R, - (W sd L, XRIFL, sd cl L, -) ;
- 05-07 : **[Cuddle 3 Times W Spiral]** Lead W to open her out sd L with left sd stretch, rec R, cl L with R sd stretch placing left hnd on W's right shoulder blade leading her to CP, - (W with slight left sd stretch trn 1/2 RF bk R with right sd stretch free arm out to sd, rec L with left sd stretch comm trn LF, fwd R with left sd stretch cont trn to fc ptr placing R hnd on M's L shoulder, -) ; **Repeat** meas 1 Part C on opposite ft & hnd to opposite direction end Cuddle Pos fc Wall ; **Repeat** meas 1 part C except W's end spiral LF to fc LOD end L-Shaped CP M fc Wall (W fc LOD) ;
- 08---- : **[To Facing Fan]** Bk R, rec L trn 1/4 LF to fc LOD, sd & fwd R, - (W fwd L, fwd R trn 1/2 LF, sd & bk L, -) end LOP Fcg LOD ;

### 09-12 : OP HIP TWIST to FC FAN COH ; ; FENCE LINE x 2 ; ; & R-HNDSHK

- 09-10 : **[OP Hip Twist to Fc Fan COH]** Chk fwd L, rec R, cl L, - (W cl R to L, fwd L, fwd R toward M, with tension in right arm which causes W to swivel ¼ RF to COH on right on count of "and";) ; **Bk R**, rec L to fcg COH, cl R, - (W fwd L, trng LF step sd & fwd R making ½ LF to Wall, bk L Leaving right extended fwd with no weight, -) ;
- 11-12 : **[Fence Line x 2]** ; Chck thru L w/ bent knee, rec R, sd L, - ; Chck thru R w/ bent knee, rec L, sd R, - ; Hndshk

### 13-16 : TRADE PLACES /W INSIDE UARM TRN ; W OUT to FC ; AIDA ; SWITCH ROCK /W TRN to VARS/WALL;

- 13-14 : **[Trade Places / W ins.UA Turn]** Rk apt L, rec R comm to pass R shldr while trng ¼ RF and keeping R Hnds jnd, cont to trn RF stepping sd L twd COH (W rk apt R, rec L, fwd R fwd WALL spiralling 7/8 LF undr jnd R hnds to end almost fcg WALL), - ; **[W Out to Fc]** Trng bdy RF to fc WALL stp fwd twd WALL R,L,R (W fwd WALL L, fwd R trng ½ LF to fc COH, sd & bk L, -) to BFLY WALL ;
- 15-16 : **[Aida]** Repeat Meas 5 Part B ; **[Switsh Rock/W Trn to Vars]** Trn RF fc partner sd R chk bring jnd hnds thru, rck L, rck R, -(W trn LF fc prtn sd L chk bring jnd hnds thru, rck R, cl L swiveling ½ LF,-) to VARS/WALL ;

## ENDING

### 15-16 : AIDA ; SWITCH & QUICK REC to CUDDLE POS ;

- 15-16 : **[Aida]** Repeat Meas 5 Part B ; **[Switsh rec to Quick Cuddle pos]** Trn RF fc partner sd R chk bring jnd hnds thru, Quick Rec L to R & Cuddle Pos ;