

CHARMED LIFE

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Music: "Charmed Life" by Diana Krall, "A Night In Paris" CD,
available as download from www.mp3million.com*

Phase: Foxtrot, Phase IV+2 (Top Spin, Natural Weave) **Difficulty:** Above Average

Footwork: Directions for man (woman as noted)

Timing: SQQ, except where noted. Timing reflects actual weight changes.

Sequence: Intro, A, B, C, B(1-8), D January 2016

- INTRO -

1 - 4 WAIT; LADY ROLL TO SKATERS MAN ROCK; BACK CURVED WALK 3 CKG; FEATHER DRW;

- 1 [Wait] LOP fcg DLC Lady on Man's left side, inside hnds jnd, lead ft free pntd sd, looking at ptrn;
- SS (QQS) 2 [Man rk 2 Lady roll to skaters] Rk sd L leading lady to roll RF in front,-, rk sd R as lady finishes roll to skaters pos fcg DLC both w/L ft free,-; (Comm RF trn fwd R twd ptrn, cont trn fwd & sd L, cont trn sd R to skaters pos,-;)
- 3 [Bk curved walk 3 ckg] Maintain skaters pos both comm RF {CW} trn bk L,-, cont trn bk R, bk L chkg in sktrs fcg DRW;
- 4 [Feather DRW] Both fwd R,-, fwd L, fwd R twd DRW;

- A -

1 - 4 FORWARD TURNING HOVER TO DLC; FEATHER; REVERSE WAVE LOOK L AND LOOK R;;

- 1 [Fwd trng hover] Fwd L in skaters comm LF trn,-, cont trn fwd & sd R w/rise, cont trn fwd & sd L w/L side lead twd DLC in skaters;
- 2 [Feather] In skaters fwd R,-, fwd L, fwd R DLC;
- 3-4 [Rev wave] Comm LF trn in skaters fwd L starting LF body trn,-, sd R, bk L bkg DLW; {NOTE: Look L matching the words in the music "look left"} Cont in skaters bk R,-, bk L, bk R curving LF to end bkg LOD; {NOTE: Look R matching the words in the music "look right"}

5 - 8 BACK CURVED WALK 3 CKG; MAN CHASSE LADY TURN RIGHT TO SCP; NATURAL WEAVE TO;;

- 5 [Bk curved walk ckg] Repeat Intro, meas. 3, to fc LOD;
- 6 [Man chasse lady trn to SCP] Fwd R releasing skaters hold trng slightly RF,-, sd L/cls R to L, fwd & sd L to SCP DLW; (Fwd R comm RF trn,-, cont trn fwd L to fc ptrn in SCP, sd & fwd R SCP;)
- SQ&Q (SQQ) [Natural weave] Fwd R comm RF trn, -, sd L with L sd stretch, bk R preparing to lead lady outside ptrn; w/R
SQQ 7-8 sd stretch bk L in CBMP, bk R comm LF trn passing through CP, sd & fwd L, fwd R in BJO DLW; (Fwd L, -,
QQQQ fwd R movg thru temp CP, fwd L BJO; Fwd R BJO, fwd L comm. LF trn passing thru CP, sd R trng LF, bk L BJO DLW;)

9-12 TOP SPIN 2 TIMES & OVERTURN THE 2nd TO BJO DLC;; TELEMARK TO SCP; CHAIR AND SLIP PIVOT DLC;

- 9 [Top spin] */Beginning during the latter portion of the last beat of the previous figure* on ball of right foot spin LF keeping left leg extended back; Bk L in CBMP, bk R trng LF, w/L SD stretch sd & fwd L trng LF, w/L sd stretch fwd R in BJO DRC;
- [&]QQQQ */Beginning during the latter portion of the last beat of the previous figure* on ball of left foot spin LF keeping
[&]QQQQ right leg extended forward; Fwd R in CBMP, fwd L trng LF, w/R sd stretch sd & bk R trng LF, w/R sd stretch bk L in BJO;)
- 10 [Top spin OT'd] Repeat Meas. 9 except slightly overturn to end BJO DLC;
- 11 [Telemark to SCP] Fwd L comm trn LF, -, sd R cont LF trn, sd and slightly fwd L to SCP DLW; (Bk R comm trn L bringing L to R with no weight,-, trn LF on R heel [heel turn] chg weight to L, sd and slightly fwd R to SCP;)
- 12 [Chair & slip pivot DLC] Ck thru R,-, rec L [no rise], w/LF upper body trn slip R in bk of L cont turn LF to CP DLC; (Ck thru L,-, rec R [no rise], swvl LF on R and fwd L CP;)

- 13-16** **TELEMARK TO SCP; CHAIR & SLIP DLW; 3 STEP; HALF NATURAL;**
 13 [Telemark to SCP] Repeat meas 11;
 14 [Chair & slip DLW] Repeat meas 12 but w/no trn on the slip to fc DLW in CP;
 15 [3 Step] Fwd L, R, L w/heel lead on steps 1 and 2. (Bk R,L,R;) Ending CP DLW
 16 [Half natural] Fwd R,-, sd L across LOD, bk R bkg LOD; (Bk L,-, cls R [heel trn] cont trn, fwd L CP;)

- B -

1 - 4 **JAZZY BACK RUN 4 PVTG; FORWARD RIGHT LUNGE QUICK CHANGE SWAY; PROMENADE SWAY & CHANGE SWAY; SIDE BEHIND & SLIP FC COH;**

- QQQQ 1 [Jazzy bk run 4 pvtg to LOD] Use contra body shaping in CP bk L w/R shldr lead, bk R w/L shldr lead, bk L w/R shldr lead, bk R toed in trng LF to fc DLW in CP; (Fwd R w/L shldr lead, fwd L w/R shldr lead, fwd R with L shldr lead, fwd L pvtg LF;)
 SS{&} 2 [Fwd R lunge Qk chg sway] Slow fwd L flexing L knee,-, sd & slightly fwd R DLW,-/qk chg sway at highlight in music to look DRC {"&" count}; (Slow bk R flexing R knee,-, sd & slightly bk L,-/qk chg sway;)
 S- - 3 [Promenade sway change sway] Shift wt to lead feet in SCP stretching R (L) sd leaving trailing legs extended,-, relax lead knees & chg stretch to L(R) sd (lady look to L);-; CP DLC
 4 [Side behind & slip fc COH] Sd R (L),-, XLIBR (XRIBL), slip R(L) to COH in CP;

5-8 **HOVER TO SCP DRW; CHAIR & SLIP FACE WALL; SIDE CLOSE 3 TIMES WITH FEATHER ENDING;;**

- 5 [Hvr to SCP DRW] Fwd L,-, fwd & slightly sd R rising to ball of foot w/slight LF trn, SD & slightly fwd L to SCP DRW; (Bk R,-, bk & slightly SD L rising to ball of foot w/slight LF trn, SD & slightly fwd R;)
 6 [Chair & slip fc Wall] Repeat Part A meas 12 w/slight LF trn ending CP fcg wall;
 7-8 [Side close 3X w/fthr ending] In CP {stay on ball of ft w/relaxed knees for 7 steps} sd L, cls R, sd L, cls R; sd L, cls R, sd & fwd L preparing to step outside ptnr, fwd R BJO DLW;
 QQQQ QQQQ

9-12 **3 STEP; OPEN NATURAL; OUTSIDE CHANGE TO SCP; OPEN NATURAL;**

- 9 [3 Step] Bldng from BJO to CP repeat Part A meas 15;
 10 [Open natural] Comm RF upper body trn fwd R, -, sd L across LOD, cont slight RF upper body trn bk R leading partner to BJO bkg LOD; (Comm RF upper body trn bk L,-, cont trn cls R to L {heel trn}, fwd L BJO;)
 11 [Outside chg to SCP] Bk L,-, bk R trng LF, sd & fwd L to SCP; (Fwd R,-, fwd L trng LF, sd & fwd R to SCP;)
 12 [Open natural] Man repeat Part B meas 10; (Thru L,-, fwd R to CP, fwd L BJO;)

13-16 **OUTSIDE CHANGE TO SCP; CHAIR & SLIP DLC; REVERSE TURN 3; BACK & CHASSE TO SCP DLC;**

- 13 [Outside chg to SCP] Repeat Part B meas 11;
 14 [Chair & slip pivot DLC] Repeat Part A meas 12 ending in CP DLC;
 15 [Reverse trn 3] Fwd L starting LF body trn, -, sd R cont trn, bk L CP bkg LOD; (Bk R starting LF trn,-, cls L to R [heel turn] cont trn, fwd R to CP;)
 SQQ&Q 16 [Trn chasse to SCP DLC] Comm LF trn bk R,-, cont trn sd & fwd L/cls R to L, sd & fwd L in SCP DLC; (Comm LF trn fwd L,-, cont trn sd R/cls L to R, sd & fwd R in SCP;)

- C -

1 - 4 **FEATHER; REVERSE TURN;; 3 STEP;**

- 1 [Feather] Fwd R, -, fwd L, fwd R BJO; (Thru L trng LF,-, sd & bk R, bk L BJO;
 2-3 [Full rev trn] Fwd L starting LF body trn, -,sd R cont trn, bk L CP; Bk R cont LF trn,-, sd & slightly fwd L DLW, fwd R BJO; (Bk R starting LF trn,-, cls L to R [heel turn] cont trn, fwd R CP; Fwd L cont LF trn,-, sd R, bk L BJO DLW;)

4 [3 Step] Repeat Part B meas 9;

5-8 FORWARD R & LEFT CHASSE SCAR; BACK R & CHASSE BJO; HALF NATURAL; HESITATION CHANGE DLC;

SQ&Q 5 [Fwd R & left chasse SCAR] Fwd R trng RF,-, sd L LOD/cls R to L, sd L w/slight RF trn to fc DRW SCAR; (Bk L trng RF,-, sd R LOD/cls L to R, sd R trng to SCAR;)

SQ&Q 6 [Back & chasse BJO] Bk R trng LF,-, sd L down LOD/cls R to L, sd L trng to BJO DLW; (Fwd L trng LF,-, sd R LOD/cls L to R, sd R trng to BJO;)

7 [Half natural] Repeat Part A meas 16;

SS 8 [Hes chg DLC] Comm RF upper body trn bk L,-, sd R cont RF trn drawing L to R,-; (Comm RF upper body trn fwd R,-, sd L cont RF trn drawing R to L,-;) CP DLC

9-12 FORWARD HOVER RECOVER; BACK HOVER RECOVER; FORWARD TWIST VINE 8;;

9 [Fwd hover recover] Fwd L ,-, fwd R w/slight rise, rec L; (Bk R,-, bk L w/slight rise, rec R;) CP DLC

10 [Bk hover recover] Bk R,-, bk L w/slight rise, rec R; (Fwd L,-, fwd R w/slight rise rec L;) CP DLC

11-12 [Fwd twist vine 8] Fwd L, trn LF sd R BJO, beh L, trng RF sd R SCAR; Fwd L, sd R, beh L BJO, sd R; (Bk R, trng LF sd L BJO, in front R, trn RF sd L SCAR; Bk R, sd L, front R BJO, sd L;) CP DLC

QQQQ

QQQQ

13-16 QUICK WEAVE 8;; 3 STEP; HALF NATURAL;

13-14 [Qk weave 8] Fwd L comm LF trn, sd & bk R BJO, bk L, bk R; Bk L, bk R comm LF trn, cont trn sd & fwd L, fwd R BJO DLW; (Bk R comm LF trn, sd & fwd L, fwd R outside ptr, fwd L; Fwd R outside ptr, fwd L comm. LF trn, sd & bk R cont trn, bk L BJO;)

QQQQ

QQQQ

15 [3 Step] Repeat Part A meas 15;CP DLW

16 [Half natural] Repeat Part A meas 16; CP Bkg LOD

REPEAT B meas. 1-8

-D-

1-2 FORWARD TWIST VINE 4 LADY IN 5 TO SKATERS;;

1-2 [Fwd twist vine 4 twd DLW lady in 5 to sktrs] Fwd L bld to loose CP, sd R w/LF body trn, beh L, -; Sd R while Lady trns & steps,-,-,-; (Bk R, sd L, XRIF, sd L pvtg RF to fc DLC; Sd R to skaters pos, -, hold,-;) {Both have L feet free}

QQQ-; Q - - -;

(QQQQ; S - -)

3-6 REVERSE WAVE WITH LOOKS L & R;; BACK CURVED WALK 3 CKG; MAN CHASSE LADY TURN RIGHT TO SCP;

3-4 [Rev wave] Repeat Part A meas 3 & 4;;

5 [Bk curved walk 3] Repeat Part A meas 5;

6 [Man chasse lady trn to SCP] Repeat Part A meas 6;

7-10 NATURAL WEAVE TO;; TOP SPIN 2 TIMES BJO DLW;;

SQQ 7-8 [Natr l weave] Repeat Part A meas 7 & 8;;

QQQQ

9-10 [Top spin 2X BJO DLW] Repeat Part A meas 9 & 10 to BJO DLW (no overturning);;

[&]QQQQ

[&]QQQQ

11-14 3 STEP; HALF NATURAL; IMPETUS TO SCP; CROSS BODY BFLY;

11 [3 Step] Repeat Part A meas 15;

12 [Half natural] Repeat Part A meas 16;

13 [Impetus to SCP] Comm RF upper body trn bk L,-, cls R to L [heel turn] cont RF trn, fwd L SCP DLC; (Comm RF upper body trn fwd R between man's feet pvtg RF,-, sd & fwd L cont trn around man brush R to L, fwd R SCP;)

14 **[Cross body]** Thru R lowering lead hnds slightly & releasing R arm hold to lead ptr across twd DLC,-, small step fwd L comm slight LF trn, cont trn to fc COH sd R low BFLY; (Thru L,-, comm LF trn fwd & sd R across man, cont trn to fc ptr & wall sd L low BFLY;)

15-19 THRU & VINE 2; SIDE LADY WRAP IN 2; SWAY LEFT & RIGHT; MAN HOLD LADY SWITCH WRAP 2 TIMES; HOLD & LAYBACK;

15 **[Thru & vine 2]** Thru L, sd R, XLIFR BFLY COH; (Thru R,-, sd L, XRIB;)

S- - (SQ-) 16 **[Sd Lady trn to wrap]** Comm raising arms leading ptr to trn under LF sd R,-, hold as ptr completes trn under to tight wrap fcg COH looking at lady, hold; (Comm LF trn under man's arms sd L,-, cont trn sd R to wrapped pos fcg COH, hold;)

SS 17 **[Sway L & R]** Maintaining wrap pos sway L by stretching L sd & moving to L foot,-, sway R by stretching R sd & moving to R foot,-;

---- (QQ--) 18 **[Qk switch wrap 2X]** Man hold on R loosening wrap allowing Lady to move from his R sd to his L sd and back to R sd,-,-,-; (Sd L switching from man's R arm to L arm, shift to R switching back to man's R arm continuing to fc COH but looking at ptr,-;

- - - - 19 **[Hold & Layback]** Hold pos lowering slightly w/slight sway stretching L sd looking at ptr as music fades;

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