

# CIRCLE OF LIFE

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MUSIC: "Circle Of Life" Skycloud Play House Best Of Disney 3:36 download Amazon.  
RHYTHM: BOLERO RAL PHASE 3 + 2 [cross body, hip rocks] +1 unphased [circular vine]  
FOOTWORK: Opposite except where indicated.  
SEQUENCE: INTRO A B A B END SPEED: increase 6%, adjust for comfort RELEASED: 5/15/2013

## INTRO

- 1-4 WAIT;; HIP LIFT TWICE;;  
1-2 CP WALL trail foot free wait;;  
3-4 [HIP LIFT TWICE] sd R draw L to R,-, with ball of L ft touching floor straighten L knee, bend L knee; sd L draw R to L,-, with ball of R ft touching floor straighten R knee, bend R knee;

## PART A

- 1-8 LUNGE BRK; U/A TRN; REV U/A TRN; CRAB WLKS;; HIP LIFT; NYR; CROSS BDY;  
1 [LUNGE BRK] release trail hnds sd & fwd R w/bdy rise,-, with sl RF body trn lowering on R extend L sd & bk, rise on R to rec (W sd & bk L w/bdy rise,-, bk R w/ contra ck action, fwd L);  
2 [U/A TRN] sd L w/bdy rise,-, XRIF of L lowering, fwd L (W sd R w/bdy rise comm RF trn undr jnd lead hnds,-, XLIF of R cont RF trn, fwd R to fc ptr);  
3 [REV U/A TRN] sd R w/bdy rise,-, XLIF of R lowering,-, bk R (W sd L w/bdy rise comm LF trn undr jnd lead hnds,-, XRIF of L cont LF trn, fwd L to fc ptr);  
4-5 [CRAB WLKS] BFLY fcg ptr WALL sd L,-, XRIF of L, sd L; XRIF of L,-, sd L, XRIF of L;  
6 [HIP LIFT] low dble hnd hold REPEAT MEAS 4 INTRO;  
7 [NYR] sd R w/bdy rise,-, fwd L with slipping action lowering and trng RF to sd by sd pos, bk R to fc ptr;  
8 [CROSS BDY] sd & bk L trng LF,-, bk R w/slipping action trng LF, fwd L cont trng LF (W sd & fwd R,-, fwd L XIF of M trng LF, small sd R) end fcg ptr COH;  
9-16 LUNGE BRK; U/A TRN; REV U/A TRN; CRAB WLKS; HIP LIFT; NYR; CROSS BDY BOTH FC WALL;  
9-15 REPEAT MEAS 1-7 PART A FACING COH ;;;;;;  
16 [CROSS BDY BOTH FC WALL] REPEAT MEAS 8 PART A (W sd & fwd R,-, fwd L XIF of M and releasing jnd lead hnds, fwd R to fc WALL in front of M);

## PART B

- 1-8 SUNBURST; HIP RKS; SOLO FENCE LINE; SPOT TRN; SOLO FENCE LINE; SPOT TRN TO FC PTR  
W TRANS; SOLO HIP LIFT; SLOW SD DRAW CL;  
1 [SUNBURST] both fcg WALL in tandem trail ft free take weight on trail ft extending both arms up,-, sweep arms out and down to side,-;  
2 [HIP RKS] lead ft free rk sd L rolling hip sd & bk,-, rec R w/hip roll, rec L w/hip roll (W rk sd R rolling hip sd & bk,-, rec L w/hip roll, rec R w/hip roll);  
3 [SOLO FENCE LINE] fcg WALL trail ft free sd R w/bdy rise,-, cross lunge thru L w/bent knee twd RLOD, rec bk R to fc WALL (W sd L w/bdy rise,-, cross lunge thru R w/bent knee twd LOD, rec bk L to fc WALL);  
4 [SPOT TRN] fcg WALL lead ft free sd L w/bdy rise comm LF trn,-, XRIF of L lowering cont LF trn, fwd L cont LF trn to fc WALL (W sd R w/bdy rise comm RF trn,-, XLIF of R lowering cont RF trn, fwd R cont RF trn to fc WALL);  
5 [SOLO FENCE LINE] REPEAT MEAS 3 PART B;

PART B (CONT)

- 6 [SPOT TRN TO FC PTR LADY TRANS] sd L w/sl bdy rise comm LF trn,-, XRIF of L lowering cont LF trn to fc ptr WALL, sd L,- (W sd R w/bdy rise comm RF trn,-, XLIF of R lowering cont RF trn to fc ptr COH, tch R ) end fcg ptr WALL;  
[SOLO HIP LIFT] both with R ft free no hnds jnd sd R draw L to R,-, with ball of R ft touching floor straighten L knee, bend L knee;  
[SLOW SD DRAW CL] sd L,-, cl R to L jn both hnds in BFLY,-;
- 9-16 CIRCULAR VINE;; SOLO HIP LIFT; SLOW SD DRAW CLS; CIRCULAR VINE;; SOLO HIP LIFT; SLOW SD DRAW CL;
- 9-10 [CIRCULAR VINE] both hnds jnd sd L moving CW,-, XRIF of L, sd L; XRIB of L, sd L, XRIF of L, sd L;
- 11-12 [SOLO HIP LIFT] release hnds REPEAT MEAS 7 PART B;  
[ SLOW SD DRAW CL] REPEAT MEAS 8 PART B;
- 13-14 [CIRCULAR VINE] REPEAT MEAS 9 & 10 PART B;;
- 15 [ SOLO HIP LIFT] both with R ft free release hnds sd R draw L to R,-, with ball of L ft touching floor straighten L knee, bend L knee;
- 16 [SLOW SD DRAW CL M TRANS W/TCH] rk sd L,-, tch R to L,- (W sd L,-, cl R,-);

REPEAT PART A & PART B

END

- 1-4 SHLDR TO SHLDR 3 TIMES;;; FCG SUNBURST ;
- 1-3 [SHLDR TO SHLDR 3 TIMES] low BFLY pos sd R w/bdy rise,-, XLIF (W XRIB of L) of R to BFLY SCAR pos, bk R to fc ptr WALL; sd L w/bdy rise,-, XRIF of L (W XLIB of R) to BFLY BJO pos, bk L to fc ptr WALL; REPEAT MEAS 1 OF END;
- 4 [FCG SUNBURST] sd L bringing jnd hnds straight up and looking up as they are raised ,- , circle the arms out to the sd , bring arms down and lower head as arms come down;

QUICK CUES

INTRO

TRAIL FT FREE CP WALL WAIT;; HIP LIFT TWICE;;

PART A

LUNGE BRK; U/A TRN; REV U/A TRN; CRAB WLKS;; HIP LIFT; NYR; CROSS BODY;  
FCG COH LUNGE BRK; U/A TRN; REV U/A TRN; CRAB WLKS;;  
HIP LIFT; NYR; CROSS BODY BOTH FC WALL;

PART B

SUNBURST; HIP RKS; SOLO FENCE LINE; SPOT TRN;  
SOLO FENCE LINE; SPOT TRN FC PTR WALL LADY TRANS;  
SOLO HIP LIFT; SD DRAW CL JN BOTH HNDS; CIRCULAR VINE;;  
SOLO HIP LIFT; SD DRAW CL JN BOTH HNDS; CIRCULAR VINE;;  
SOLO HIP LIFT; SD DRAW CL M TRANS W/TCH;

REPEAT A AND B

END

SHLDR/SHLDR 3 TIMES;;; FCG SUNBURST;