

LIFE IS WHAT YOU MAKE IT

DANCE BY NANCY & DEWAYNE BALDWIN

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RECORD CIRCLE D 701 B

FOOT WORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED 45

RHYTHM FOXTROT PH IV + 1[CRV FTHR]

DATE 8-2015

SEQUENCE A B A C D A B INTER C[1-11] END

INTRO

1-4 :: STP TOG TCH; FTHR FIN;

Wait;; Fwd L,-, tch R,-; Bk R,-, sd & fwd L, XRif;

PART A

1-4 DLC DIAM TRN;;;:

Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R; Fwd L,-, sd R, bk L; Bk R,-, sd L, fwd R;

5-8 FWD RUN 2; MANUV; CL IMP; FTHR FIN;

Fwd L,-, fwd R, fwd L; Fwd R trn,-, sd L, cl R; Bk L trn,-, heel trn, sd & bk L;
Bk R,, sd & fwd L, XRif;

PART B

1-4 DLC 1 LF FT TRN RLOD; HVR CORTE; BK WSK; START WEV TO SCP;

Fwd L,-, fwd R trn, cl L; Bk R & trn,-, sd & fwd L rise, rec R; Bk L,-, bk & sd R,
XLib; Fwd R,-, fwd L trn, sd & bk R;

5-8 FIN WEV; MANUV; SPN TRN; BOX FIN;

Bk L,-, bk R trn, sd & fwd L; Fwd R trn,-, sd L, cl R; Bk L pvt,-, fwd R rise,
sd & bk L; Bk R trn,-, sd L, cl R;

PART C

1-4 DLC REV WAV;; IMP TO SCP; START I/O RUNS;

Fwd L,-, fwd R trn, bk L; Bk R,-, bk L, bk R; Bk L,-, cl R trn, fwd L;
Fwd R & trn,-, sd & bk L, bk R;

5-8 FIN I/O RUNS; WING; START 3 X HVRS;

Bk L & trn,-, sd & fwd R trn, fwd L; Fwd R,-, draw L, tch L; XLif,-, sd & fwd R rise,
sd & fwd L; XRif,-, sd & fwd L rise, sd & fwd R;

9-12 FIN X HVRS; MANUV; SPN TRN; FTHR FIN;

XLif,-, sd & fwd R rise, sd & fwd L; Fwd R trn,-, sd L, cl R; Bk L pvt,-, fwd R rise,
sd & bk L; Bk R,-, sd & fwd L, XRif;

PART D

- 1-4 **DLC TELE TO SCP; CRV FTHR; OUTSD CHNG TO SCP; PU;**
Fwd L trn,-, fwd R trn, sd & fwd L; Fwd R trn,-, fwd L trn, fwd R & ck;
Bk L,-, bk R trn, sd & fwd L; Fwd R trn,-, sd L trn, cl R;

INTER

- 1-5 **DIAM TRN;;; HOLD;**
REPEAT 1-4 PART A;;; Hold,-,-;

END

- 1 **STP BK SD CORTE;**
Bk R,-, sd L, melt & look RLOD;