

Life Is For Living *(released Nov 2014)*



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Music: Life Is For Living by Barclay James Harvest (many sources)

Rhythm/Phase: SB PH V+0+2 Unph. (Prom Runs & Counter Prom Runs, Side Samba)

Speed: 50 BPM original music reduced by two percent

Footwork: Opposite throughout, directions for M unless otherwise stated

Sequence: Intro – AB–ABC–Interlude-C-ABC–End

This Dance is dedicated to my lovely wife Marion

INTRO

1-8 BFLY POS – R ft free – WAIT 2 MEAS;; CONTRA BOTA FOGOS-TWICE;; CIRCULAR VOLTA W/ BOTA ENDING;; CIRCULAR VOLTA -MAN IN 2;;

- 1-2 BFLY BJO Pos M fcg DLW – R ft free for both wt 2 meas;;
- 1á2 3-4 {Contra Bota Fogos} Fwd R in BJO / sd L trng to fc WALL (W fcg COH), rec L trng to SCAR; fwd L in SCAR / sd R trng to fc WALL (W fcg COH), rec L trng to BFLY BJO;
- 1á2 5-6 {Circular Volta with Bota Ending} Wheeling RF in BFLY BJO XRif / sd L, XRif / sd L; XRif / sd L,
- 1á2 rec R trng to BFLY SCAR having made about half turn on the Volta;
- 1á2 7-8 {Circular Volta-Man in 2} Wheeling LF in BFLY SCAR XLif / sd R, XLif / sd R;
- 12 XLif, sd R (W XLif / sd R, XLif L) to fc the WALL;

Part A

1-6 WHISK L & R;; STATIONARY WALKS-twice;; BOTA FOGO TO SCP; BOTA FOGO TO RSCP;

- 1á2 1-2 {Whisk L & R} Sd L / XRib, rec L; Sd R / XLib, rec R;
- 1á2 (W Sd R / XLib, rec R; Sd L / XRib, rec L;)
- 1á2 3-4 {Stationary Walks-twice} Sm fwd L/push back R w/ partial wgt & draw L undr bdy, rec L; Sm fwd R/push back L w/ partial wgt & draw L undr bdy, rec R; (W Slightly fwd R/push back L w/ partial wgt & draw L undr bdy, rec R; Slightly fwd L/push back R w/ partial wgt & draw L undr bdy, rec L;)
- 1á2 5 {Bota Fogo to SCP} Blending to loose CP fcg WALL fwd L (W bk R)/ sd R (W sd L) trng to SCP fc LOD, rec L (W rec R);
- 1á2 6 {Bota Fogo to RSCP} Thru R (W thru L) twd LOD/ sd L (W sd R) trng to fc WALL, cont to trn to RSCP rec R (W rec L);

7-16 BOTA FOGO TO SCP; 3 SAMBA WALKS;;TO HALF OP; PROMENADE & COUNTER PROMENADE RUNS-TWICE;;; WHISK L & R;;

- 1á2 7 {Bota Fogo to SCP} Thru L (W thru R) twd RLOD / sd R (W sd L) trng to fc WALL, cont to trn to SCP rec L (W rec R);
- 1á2 8-10 {3 Samba Walks} Fwd R (W fwd L)/ bk L (W bk R), pull R bk (W bk L);
- 1á2 Fwd L (W fwd R)/ bk R (W bk L), pull L bk (W bk R);
- 1á2 Fwd R (W fwd L)/ bk L (W bk R), pull R bk (W bk L) to HALF OP/LOD;
- 1á2 11-12 {Prom & Counter Runs} Fwd & Sd L twd DLW arnd ptr trn ½ RF / stp R in pl (almost XLIB), fwd L twd LOD; (W fwd R / bk L, pull bk R);
- Fwd R / bk L, sm pull bk R; (W fwd & Sd L twd DLW arnd ptr trn ½ RF / stp R in pl (almost XLIB), fwd L twd LOD;) to end in Half OP/LOD
- 13-14 {Prom & Counter Runs} repeat meas 11-12 of Part B but to CP fcg WALL;

15-16 {Whisk L & R} repeat meas 1-2 of Part A;;

Part B

1-8 SPOT VOLTA;; KICK THRU.SIDE BALL CHANGE; TRAVELING VOLTAS;; 3 SHADOW BOTA FOGOS TO FC;;;

- 1á2 1-2 {Spot Volta} Trng LF approx one full turn XLif / sd R, XLif / sd R;
1á2 XLif / sd R, XLif to end fcg ptr & WALL;
(W Trng RF XRif / sd L, XRif / sde L, XRif / sd L, XRif;
[*Optional: If you like, do two full turns]
- 1á2 3 {Kick thru,sd,ball chg} kick R twd LOD (W L twd LOD) / sd R (W sd L), rec L
(W rec R); [That's like a kick ball change, but to the sd]
- 1á2á 4-5 {Traveliing Volta} XRIF / L sd & bk, XRIF / L sd & bk; XRIF / L sd & bk, XRIF;
1á2 (W XLIF / R sd & bk, XLIF / R sd & bk; XLIF / R sd & bk, XLIF;
1á2 6-8 {3 Shadow Bota Fogos} Fwd L twd DLW to chg sds bhd lady /
1á2 sd & fwd R w/ partial weight trn ¼ LF, rec L; Fwd R twd DLC to chg sds beh
1á2 lady / sd & fwd L w/ partial weight trn ¼ RF, rec R; Fwd L twd DLW to chg sds
bhd lady / sd & fwd R w/ partial weight trn ¼ LF, rec L;
(W Fwd R twd DLC to chg sds beh lady / sd & fwd L w/ partial weight trn ¼
RF, rec R; Fwd L twd DLW to chg sds bhd lady / sd & fwd R w/ partial weight
trn ¼ LF, rec L; Fwd R twd DLC to chg sds beh lady / sd & fwd L w/ partial
weight trn ¼ RF, rec R;)

9-16 SPOT VOLTA;; KICK THRU.SIDE CHANGE; TRAVELING VOLTAS;; 3 SHADOW BOTA FOGOS TO FC;;;

9-16 repeat meas 1-8 in the opposite DIR;;;; ;;;;

Part C

1-8 SIDE BASIC-TWICE;; MAYPOLE WITH BOTA ENDING;; MAYPOLE;; WHISK L & R-MAN IN 2 to SHADOW;;;

- 1á2 1-2 {Side Basic-twice} Sd L / cl R to L, R stp in plc; Sd R / cl L to R, L stp in plc;
1á2 (W Sd R / cl L to R, L stp in plc; Sd L / cl R to L, R stp in plc;)
- 1á2a 3-4 {Maypole w/ Bota end} XLIF trn LF/R sd & bk cont to trn LF, XLIF trn LF /
1á2 sd & bk; Thru L twd LOD / sd R trng to fc COH, rec L;
(W Swvl RF on L & XRIF trn / L in plc, XRIF trn/ L in plc;
XRIF trn/ sd L to fc, rec R;
Woman does a half to 5/8 RF Spot Volta undr jnd ld hnds while the man does
a Circular Volta the other DIR arnd Woman. Second meas is a Bota Fogo
ending.
- 1á2a 5-6 {Maypole} XRIF trn RF / L sd & bk cont to trn RF, XRIF trn RF/L sd & bk;
1á2 XRIF trn RF / L sd & bk cont to trn RF, XRIF trn RF to fc WALL;
(W Swvl LF on L & XLIF trn / R in plc, XLIF trn / R in plc;
XLIF trn / R in plc, XLIF trn end up fcg COH);
Woman does a half to 5/8 LF Spot Volta undr jnd ld hnds while the man does
a Circular Volta the other DIR arnd Woman.
- 1á2 7-8 {Whisk L & R} Sd L / XRib, rec L; Sd R,cl L to R trng LF to fc LOD;
1á2 (W repeat meas 1-2 of Part A trn RF to Shadow Pos fcg LOD-both R ft free;;)

9-16 CURVING VOLTA WITH BOTA ENDING-TWICE;;;;

CRUZADO WALKS WITH LOCKS – MAN IN 4;;;;

- 1á2a 9-12 {Curving Volta w/ Bota end-twice} Both XRIF / L sd & bk, XRIF / L sd & bk;
1á2 curving 1/8 CW to fc DLW; Both XRIF / L sd trn RF, rec R;
1á2a Both XLIF / R sd & bk, XLIF / R sd & bk;
1á2 curving 1/8 CCW to fc LOD; Both XLIF / R sd trn LF, rec L;
1á2 13-14 {Cruzado Walks with locks} Both fwd R, fwd L; Fwd R / lk L ibR, fwd R;
12 15-16 {Cruzado Walks with locks-Man in 4} Fwd L, fwd R; fwd L, fwd R;
(W Fwd L, fwd R; Fwd L / lk R ibL, fwd L; to fc WALL

Interlude

1-8 STATIONARY WALKS-TWICE;; SHADOW BOTA FOGOS-4 TIMES TO PU;;;;

PROG BOX;;

- 1-2 {Stationary Walks-twice} repeat meas 3-4 of Part A;;
3-4 {Shadow Bota Fogo-2 times} repeat meas 6-7 of Part B;;;
5-6 repeat meas 3-4 of Interlude but W trn after 3rd stp ½ LF to PU;;
1á2 7-8 {Prog Box} Fwd L / sd R, cl L to R; Fwd R / sd L, cl R to L;
1á2 (W Bwd R / sd L, cl R to L; Bwd L / sd R, cl L to R;)

9-15 ONE REVERSE TURN; PLAIT;;;; ONE REVERSE TURN w/ CROSS; SIDE,CLOSE;

- 1á2 9 {One Reverse Turn} Fwd L comm LF turn / side R trng to fc RLOD, XLif;
(W bk R comm LF turn / side L, cl R;)
10-13 {Plait in Lose CP} Bk R, bk L; bk R/bk L, bk R; Bk L, bk R; Bk L/bk R, bk L;
12 (W swl on R 1/8 LF fwd L, swvl on L ¼ RF fwd R;
1&2 swl on R ¼ LF fwd L / swvl on L ¼ RF fwd R, swl on R ¼ LF fwd L;
12 swl on L ¼ RF fwd R, swvl on R ¼ LF fwd L;
1&2 swl on L ¼ RF fwd RL / swvl on R ¼ LF fwd L, swl on L ¼ LF fwd L;
1á2 14 {One Reverse Turn} Bk R comm LF turn / side L, XRif;)
(W fwd L comm LF turn / side R trng to fc RLOD, XLif;)
12 15 {Side Close} Sd L (W R), cl R to L (W L to R) in Bfly fcg WALL;

End

**1-6 SIDE BASIC-TWICE;; BOTA FOGO TO SCP; BOTA FOGO TO RSCP;
BOTA FOGO TO SCP; BOTA FOGO TO BJO-M KICK/BALL CHANGE;**

- 1-2 {Side Basic} repeat meas 1-2 of Part C;;
3-5 {Bota Fogo to SCP, to RLOD, to SCP} repeat meas 5-7 of Part A;;;
1á2 6 {Bota Fogo to BJO-M Kick/Ball change} Kick fwd R / stp in pl R, stp in pl L;
(W repeat meas 6 of Past A)

**7-13 CIRCULAR VOLTA W/ BOTA ENDING;; CIRCULAR VOLTA-MAN IN 2;;
SIDE BASIC-TWICE;; SIDE,TAP;**

- 7-10 repeat meas 5-8 of Introduction;;;;
11-12 {Side Basic} repeat meas 1-2 of Part C;;
13 {Side Tap} sd L (W sd R), tap with trl ft beh ld ft with a sway change-
look twd LOD.