

LIFE'S A DANCE

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Cd: John Michael Montgomery "Greatest Hits" Track 14

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Rhythm & Phase: Two-step, Phase II + II (Fishtail & Strolling Vine) Degree of Difficulty: Easy

Original Length of Music: Music Modification: None (Play as Downloaded)

Sequence: Intro-AB-AB-int-B(1-8)-B-C-End

Footwork: Opposite for Woman unless otherwise noted

INTRO

1-4 OPFC/W WAIT;; APT PT; TOG TCH [SCP];

1-2 Butterfly Position Wait 2 measures;;

3-4 Apt L,- pt R,-; Tog R [to scp] Tch L to R;

PART A (16 Measures)

1-4 2 FWD TWO-STEPS [FC];; 2 TRNG TWO-STES;;

1-2 Fwd L, cl R, Fwd L,-; Fwd R, cl L, Fwd R(trng rt fc to fc partner),-;

3-4 sd L, cl R, trng rt fc bk L,-;(coh) sd R, cl L, fwd R rng rt fc w,-;

5-8 TRAVELING BOX [SCP];;::;

1-4 sd L, cl R, fwd L,-; [RVSCP] fwd R,- fwd L [fc],-; sd R, cl L, bk R,-; [scp] fwd L,- fwd R,-;

9-12 HITCH; HITCH/SCIS [BJO]; FISHTAIL; WLK FC;

1-3 fwd L, cl R, bk L,-; bk R, cl L, fwd R,-; bk left, close right, fwd left, -;

(W bk right [turning 1/4 left face], close left, cross right in bk [ending in Banjo Position], -;

4-5 Banjo Position cross left behind right but not tightly, as body commences to turn right take a small step to side on right completing 1/4 right face body turn, forward left with left shoulder leading, cross right behind left but not tightly; fwd,- fwd R [fc],-;

13-16 1/2 LEFT TRNG BOX;::; 2 QUICK SD CL'S,,

1-4 Side on left, close right, forward left turn 1/4 left face, -; side right, close left, back right turn 1/4 left face, -; side left, close right, forward left turn 1/4 left face, -; side right, close left, back right turn 1/4 left face, -; sd Left, cl Right,

;PART B (12 Measures)

1-4 STROLLING VINE;::;::;

1-4 In Banjo Position cross left behind right but not tightly, as body commences to turn right take a small step to side on right completing 1/4 right face body turn, forward left with left shoulder leading, cross right behind left but not tightly;[scp]

5-8 HITCH 6;; CIRCLE AWAY & TOG;;

1-4 forward left, close right, back left, -; back right, close left, forward Separating from partner and moving away in a circular pattern forward,close, forward, -; continuing circular pattern toward partner forward, close, forward, -;

9-12 LACE-UP [SCP];;::; (NOTE: 2nd & 4th time end in [bfly])

1-4 Passing behind woman with lead hands joined moving diagonally across Line of Progression forward left, close right, forward left, -; [lop] Forward, close, forward, -; Passing behind woman with trailing hands joined moving diagonally across Line of Progression forward left, close right, forward left, -; [op] Forward, close, forward, -;

Repeat Part A & B (BFLY)

INT (4 Measure)

- 1-4** **TRAVELING DOORS 2x [SCP];;;;**
1-4 Side left, -, recover, -; cross in front, side, cross in front, -; Side Right, -, recover, -; cross in front, side, cross in front, -;

Repeat Part B (1-8) (CP/W)
Repeat Part B (BFLY)

Part C (12 Measures)

- 1-4** **VINE 3 TCH; WRAP; UNWRAP; CHANGE SIDES;**
1-4 Side left, cross in back, side in same direction, -; Side Right, retain the Trailing handhold at waist level Cross Left behind, Side right,-; (woman makes a left face turn Left, Right, Left,-; to face the same) In Place left, Right, Left,-; From Wrapped Position, the hands joined in front [man's left and woman's right] are released and, (retaining Trailing hand hold) (woman makes a right face turn Right, Left, Right,-;to end facing in designated direction.) Fwd Right starting right face turn, Fwd Lft continuing right turn, Fwd Right to face,-; [coh]
- 5--8** **VINE 3 TCH; WRAP; UNWRAP; CHANGE SIDES;**
1-4 Repeat Measures 1-4 To end facing wall
- 9-12** **CIRCLE AWAY 2 TWO-STEPS;; STRUT TOG 4;;**
1-4 Fwd, cl, fwd,-; Fwd turn, cl, fwd turn,-; [fc] Fwd,- Fwd,-; Fwd,- Fwd,-; [cp]
- END (5 MeASURES)**
- 1-5** **BOX;; TWIRL 2; WLK FC;**
1-4 Sd Left, Cl Right, Fwd Lft,-; Sd Right, Cl Left, Bk Right,-; [scp] Fwd Left,- Fwd Right & Face,-;
- APT PT;**
5 Bk Left,- Point Right,-;