

**CHOREOGRAPHERS:** Russ and Judy Francis, 142 E. 1450 N. Layton, UT, 801-628-4752, Email: [rounds-by-russ@comcast.net](mailto:rounds-by-russ@comcast.net)  
**MUSIC:** MP3 Download Amazon.com "Song Of My Life" Artist: Tony Evans Orchestra  
**FOOTWORK:** Opposite For Woman Except Where Noted  
**RHYTHM:** WALTZ  
**DANCE LEVEL:** Phase IV +2 (Contra Check & Hinge)  
**SPEED:** 45 RPM  
**RELEASED:** MAY 2012

**SEQUENCE:** INTRO – A – B – C – A – B – C – END

### INTRO

1 – 4 **LOPN FCNG RLOD "TRAIL FEET FREE" WAIT;; STP TOG & TCH; HESIT CHG – DIAG LOD/COH;**  
**(Stp Tog & Tch) Fwd R-, tch L-; (Hesit Chg)** Trng ¼ rt fc bk L, trng ¼ rt fc sd R, drw-tch L to CP diag LOD/COH;

### PART A

1 – 8 **2 LFT TRNS;; HVR; NAT'L HVR FALLAWY; SLIP PVT – BJO; MANUV; SPIN TRN; BOX FIN;**  
**(2 Lft Trns)** Trng 3/8 lft fc fwd-trn L, sd R, clo L; trng 3/8 lft fc bk-trn R, sd L, clo R to CP diag LOD/WALL;  
**(Hvr)** Fwd L, fwd R with slight rise, trng ¼ lft fc sd & fwd L to SEMI diag LOD/COH; **(Nat'l Hvr Fallawy)** Trng 3/8  
rt fc fwd R, fwd L with slight rise, rcvr R to SEMI diag RLOD/WALL; **(Slip Pvt – Bjo)** Bk L, bk R, sd & fwd L to BJO  
diag LOD/WALL; **(Woman bk R, trng ½ lft fc slip fwd L, bk R;)** **(Manuv)** Fwd R, trng 3/8 rt fc sd L, clo R to  
CP/RLOD; **(Spin Trn)** Bk L, pvtng ¾ rt fc with slight rise fwd R, rcvr sd & bk L to CP diag LOD/WALL; **(Woman**  
**fwd R, pvtng ¾ rt fc bk L with slight rise brush R to L, fwd R;)** **(Box Fin)** Bk R, trng ¼ lft fc sd L, clo R to CP diag  
LOD/COH;

9 – 15 **TRN LFT & CHASSE – BJO; BK & BK-LCK-BK; IMP – SEMI; WEAVE – BJO;; MANUV; SPIN TRN;**  
**(Trn Lft & Chasse – Bjo)** Trng ¼ lft fc fwd L-, sd R/clo L, sd & bk R to BJO diag RLOD/COH; **(Bk & Bk-Lck-Bk)**  
bk L-, bk R/lck L, bk R; **(Imp – Semi)** Trng 3/8 rt fc bk L, clo R, with heel trn sd & fwd L to SEMI diag LOD/COH;  
**(Woman pvtng ¼ rt fc fwd R, pvtng ½ rt fc bk L, fwd R;)** **(Weave – Bjo)** Thru R, trng ¼ lft fc fwd L to CP/COH,  
sd & bk R to BJO RLOD/COH; trng ¼ lft fc sd & bk L to CP diag RLOD/WALL, trng ¼ lft fc sd & fwd R to CP diag  
LOD/WALL, fwd L to BJO diag LOD/WALL; **(Woman thru L, trng ½ lft fc sd & bk R to CP, sd & fwd L to BJO;**  
**sd & fwd R to CP, trng ¼ lft fc sd & fwd L, bk R;)** **(Manuv)** Fwd R, trng 3/8 rt fc sd L, clo R to CP/RLOD;  
**(Spin Trn)** Bk L, pvtng ¾ rt fc with slight rise fwd R, rcvr sd & bk L to CP diag LOD/WALL; **(Woman**  
**fwd R, pvtng ¾ rt fc bk L with slight rise brush R to L, fwd R;)**

16 **BOX FIN;**  
**(Box Fin)** Bk R, trng ¼ lft fc sd L, clo R to CP diag LOD/COH;

### PART B

1 – 7 **FWD WLTZ; MANUV; HESIT CHG; ONE LFT TRN; HVR CORTE – BJO; BK & BK-LCK-BK; BK WHISK;**  
**(Fwd Wltz)** Fwd L, fwd R, fwd L blending to CP/LOD; **(Manuv)** Fwd R, trng 5/8 rt fc sd L, clo R to CP/RLOD;  
**(Hesit Chg)** Trng ¼ rt fc bk L, trng ¼ rt fc sd R, drw-tch L to CP diag LOD/COH; **(One Lft Trn)** Trng 3/8 lft fc  
fwd-trn L, sd R, clo L to CP diag RLOD/COH; **(Hvr Corte – Bjo)** Trng 1/8 lft fc bk R, trng 3/8 lft fc sd & fwd L with  
slight rise, rcvr R to BJO diag LOD/WALL; **(Bk & Bk-Lck-Bk)** Bk L-, bk R/lck L, bk R; **(Bk Whisk)** Bk L, trn slightly  
rt fc sd R, hook L bhnd to tight SEMI CP diag LOD/COH;

9 – 15 **CHAIR-RCVR-SLIP; DRAG HESIT – BJO; IMP – SEMI; WEAVE – BJO;; MANUV; SPIN TRN; ½ BOX BK;**  
**(Chair-Rcvr-Slip)** Chair thru R, rcvr L, bk R to CP diag LOD/COH; **(Woman chair thru L, rcvr R, swiv ½ lft fc**  
**slip fwd L;)** **(Drag Hesit – Bjo)** Fwd L, trng ¼ lft fc sd R, drw-tch L to BJO diag RLOD/COH;  
**(Imp – Semi)** Trng 3/8 rt fc bk L, clo R, with heel trn sd & fwd L to SEMI diag LOD/COH; **(Woman pvtng ¼ rt fc**  
**fwd R, pvtng ½ rt fc bk L, fwd R;)** **(Weave – Bjo)** Thru R, trng ¼ lft fc fwd L to CP/COH, sd & bk R to  
BJO RLOD/COH; trng ¼ lft fc sd & bk L to CP diag RLOD/WALL, trng ¼ lft fc sd & fwd R to CP diag LOD/WALL, fwd L  
to BJO diag LOD/WALL; **(Woman thru L, trng ½ lft fc sd & bk R to CP, sd & fwd L to BJO; sd & fwd R to CP, trng**  
**¼ lft fc sd & fwd L, bk R;)** **(Manuv)** Fwd R, trng 3/8 rt fc sd L, clo R to CP/RLOD; **(Spin Trn)** Bk L, pvtng ¾ rt fc  
with slight rise fwd R, rcvr sd & bk L to CP diag LOD/WALL; **(Woman fwd R, pvtng ¾ rt fc bk L with slight rise brush**  
**R to L, fwd R;)** **(1/2 Box Bk)** Bk R, sd L, clo R to CP diag LOD/WALL;

16 **CHG OF DIR;**  
**(Chg Of Dir)** Fwd L, trng ¼ lft fc sd R, drw-tch L to CP diag LOD/COH;

## SONG OF MY LIFE

## PART C

- 1 – 6 **ONE LFT TRN; HVR CORTE – BJO; BK WHISK; THRU-FC-CLO; CONTRA CHK-RCVR-CLO; MANUV;**  
**(One Lft Trn)** Trng 3/8 lft fc fwd-trn L, sd R, clo L to CP diag RLOD/COH; **(Hvr Corte – Bjo)** Trng 1/8 lft fc bk R, trng 3/8 lft fc sd & fwd L with slight rise, rcvr R to BJO diag LOD/WALL; **(Bk Whisk)** Bk L, trn slightly rt fc sd R, hook L bhnd to tight SEMI CP diag LOD/COH; **(Thru-Fc-Clo)** Fwd R, trng ¼ rt fc sd L, clo R to CP diag LOD/WALL; **(Contra Chk–Rcvr–Close)** With rt shldr lead relax knee chk sd & fwd L, rcvr R, clo L to CP diag LOD/WALL; **(Manuv)** Fwd R, trng 3/8 rt fc sd L, clo R to CP/RLOD;
- 7 – 12 **SPIN TRN; BOX FIN; TELEM – SEMI; HVR FALLAWY; SLIP PVT – BJO; CROSS PVT – SD/CAR;**  
**(Spin Trn)** Bk L, pvtng ¾ rt fc with slight rise fwd R, rcvr sd & bk L to CP diag LOD/WALL; **(Woman fwd R, pvtng ¾ rt fc bk L with slight rise brush R to L, fwd R;)** **(Box Fin)** Bk R, trng ¼ lft fc sd L, clo R to CP diag LOD/COH; **(Telem – Semi)** Trng ¼ lft fc fwd-trn L, trng ¼ lft fc sd & bk R, trng ¼ lft fc sd & fwd L to SEMI diag LOD/WALL; **(Woman bk-trn R, trng ¼ lft fc bk-clo L, with heel trn sd & fwd R;)** **(Hvr Fallawy)** Fwd R, fwd L with slight rise, rcvr R to SEMI diag LOD/WALL; **(Slip Pvt – Bjo)** Bk L, bk R, sd & fwd L to BJO diag LOD/WALL; **(Woman bk R, trng ½ lft fc slip fwd L, bk R;)** **(Cross Pvt – Sd/Car)** Fwd R, pvtng ¼ rt fc sd & fwd L, pvtng ¼ rt fc sd & fwd R to SD/CAR diag LOD/COH;
- 13 – 16 **TWINK – BJO; FWD & TCH; IMP – SEMI; CHAIR-RCVR-SLIP;**  
**(Twink – Bjo)** Fwd L, trng ½ lft fc sd R, clo L to BJO diag RLOD/WALL; **(Fwd & Tch)** Fwd R-, tch L-; **(Imp – Semi)** Trng 3/8 rt fc bk L, clo R, with heel trn sd & fwd L to SEMI diag LOD/COH; **(Woman pvtng ¼ rt fc fwd R, pvtng ½ rt fc bk L, fwd R;)** **(Chair-Rcvr-Slip)** Chair thru R, rcvr L, bk R to CP diag LOD/COH; **(Woman chair thru L, rcvr R, swiv ½ lft fc slip fwd L;)**

**REPEAT PARTS “A” - “B” - “C”**

**END**

- 1 – 4 **2 LFT TRNS;; HVR; THRU-HINGE-HOLD;**  
**(2 Lft Trns)** Trng 3/8 lft fc fwd-trn L, sd R, clo L; trng 3/8 lft fc bk-trn R, sd L, clo R to CP diag LOD/WALL; **(Hvr)** Fwd L, fwd R with slight rise, trng ¼ lft fc sd & fwd L to SEMI diag LOD/COH; **(Thru-Hinge-Hold)** Thru R, trng slightly lft fc sd & bk L lower & hold to CP diag LOD/COH-; **(Woman thru L, trng ½ lft fc sd & bk R, cross L bhnd lower sliding R between Man’s feet no wgt & hold;)**