

# STAY IN MY LIFE

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CD: 2009 Dancelife, CD Title "Bring 6 Smiles to Your Feet" (Artist: Ballroom Orchestra & Singers) Track 4 "Stay In My Life"  
or download from internet site such as I Tune

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 2:00 Tempo 30 MPM

RHYTHM: Waltz RAL PHASE III

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-A-B-C-C-A-ENDING

## MEAS:

## INTRODUCTION

### 1-4 SCP DRW WAIT 2 MEAS;; HOVER FALLAWAY; SLIP PIVOT;

1-2 Wait in SCP DRW w/ trail ft free;;

3 {Hover Fallaway} SCP DRW Stay in SCP fwd R, fwd L rise to ball of ft & checking, rec bk R;

4 {Slip Pivot} SCP DRW Bk L, bk R trn LF keep L leg extended, fwd L to BJO DLW (W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, fwd L cont trn plc L near M's R ft, bk R);

### 5-8 MANEUVER; 2 RIGHT TURNS FC WALL;; CANTER;

5 {Maneuver} BJO DLW Stg RF trn fwd R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);

6-7 {2 Right Turns fc WALL} CP RLOD Bk L trn RF, cont trn sd R, cl L to CP DLC (W fwd R trn RF, cont trn sd L, cl R); Fwd R trn RF, cont trn sd L, cl R to CP WALL (W bk L trn RF, cont trn sd R, cl L);

8 {Canter} CP WALL Sd L, draw R to L, cl R;

## PART A

### 1-4 HOVER TO SCP; THRU CHASSE TO BJO; FWD FWD LOCK FWD; MANEUVER;

1 {Hover to SCP} CP WALL Fwd L, fwd & sd R rise to ball of ft, rec L to tight SCP LOD (W bk R, bk & sd L trn to SCP & rise to ball of ft, rec R);

2 {Thru Chasse to BJO} SCP LOD Fwd R trn to fc, sd L/cl R, sd L to BJO DLW;

3 {Fwd Fwd Lock Fwd} BJO DLW Fwd R, fwd L/lk Rib (W lk Lif), fwd L;

4 {Maneuver} BJO DLW Stg RF trn fwd R, cont trn sd L, cl R to CP RLOD (W stg RF trn bk L, cont trn sd R, cl L);

### 5-8 SPIN TURN; BOX FINISH DLC; 2 LEFT TURNS FC WALL;;

5 {Spin Turn} CP RLOD Stg RF upper bdy trn bk L toe pvt 1/2 RF to fc LOD, fwd R between W's ft heel to toe cont trn leave L leg extended bk & sd, rec sd & bk L to CP DLW (W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, bk L toe cont trn brush R to L, fwd R);

6 {Box Finish DLC} CP DLW Bk R trn 1/4 LF, sd L, cl R to CP DLC;

7-8 {2 Left Turns fc WALL} CP DLC Fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L to CP RLOD (W bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R); Bk R stg LF upper bdy trn, cont trn sd & fwd L, cl R to CP WALL (W fwd L stg LF upper bdy trn, cont trn sd & bk R, cl L);

## PART B

### 1-4 BALANCE LEFT & RIGHT TO BFLY;; ROLL 3 TO BFLY; THRU FACE CLOSE;

1-2 {Balance Left & Right to BFLY} CP WALL Sd L, XRib (W XLib), in plc L to BFLY WALL; Sd R, XLib (W XRib), in plc R;

3 {Roll 3 to BFLY} BFLY WALL Fwd L to LOD trn LF, bk R cont trn, cont trn sd L to BFLY WALL having completed a full LF trn (W fwd R to LOD trn RF, bk L cont trn, cont trn sd R to fc LOD);

4 {Thru Face Close} BFLY WALL XRif (W XLif), sd L, cl R;

### 5-8 STEP SWING; SPIN MANEUVER; PIVOT TO SCP; THRU FACE CLOSE;

5 {Step Swing} BFLY WALL Sd & fwd L to OP LOD, swing R fwd toe pt dwn, bring R bk start RF trn (W bring L bk start LF spin);

6 {Spin Maneuver} Fwd R stg RF upper bdy trn, cont RF trn to fc RLOD sd L, cl R to CP RLOD (W stg LF spin in plc L, cont spin R, L to fc LOD);

7 {Pivot to SCP} CP RLOD Stg RF upper body trn bk L trn RF leave R extended in front, fwd R between W's feet heel to toe trn RF, sd & fwd L to SCP LOD (W stg RF upper body trn fwd R between M's feet heel to toe trn 3/8 RF leave L extended behind, bk L trn 3/8 RF leave R extended in front, sd & fwd R to SCP);

8 {Thru Face Close} SCP LOD XRif (W XLif), sd L, cl R to CP WALL;

**PART C**

**1-4 WHISK; THRU HOVER TO BJO; BACK HOVER TO SCP; CHAIR & REC:**

- 1 {Whisk} CP WALL Fwd L, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP LOD (W bk R, bk & sd L stg to rise to ball of ft, XRib cont to full rise to ball of ft);
- 2 {Thru Hover to BJO} SCP LOD Thru R, fwd L w/ rise, rec R to BJO LOD (W thru L, fwd R w/ rise trn LF & brush L to R, rec L to BJO);
- 3 {Back Hover to SCP} BJO LOD Bk L, sd & bk R w/ slight rise, rec L to SCP LOD (W fwd R, sd & fwd L w/ slight rise trn RF & brush R to L, rec R to SCP);
- 4 {Chair & Rec} SCP LOD Fwd R lun stp (W fwd L lun stp), -, rec L;

**5-8 WING; TURN LEFT & RIGHT CHASSE BJO; IMPETUS TO SCP; THRU FACE CLOSE:**

- 5 {Wing} SCP LOD Fwd R, draw L twd R, tch L to R trn upper bdy LF w/ L sd stretch to SCAR DLC (W fwd L begin to X in frnt of M trn slightly LF, fwd R arnd M cont trn slightly LF, fwd L arnd M cont trn slightly LF to tight SCAR);
- 6 {Turn Left & Right Chasse to BJO} SCAR DLC Fwd L trn LF, sd R/cl L, sd & slightly bk R to BJO RLOD (W bk R trn LF, sd L/cl R, sd & slightly fwd L);
- 7 {Impetus to SCP} BJO RLOD Stg RF upper bdy trn bk L, cl R heel trn, fwd L to tight SCP DLC (W stg RF upper bdy trn fwd R between M's ft heel to toe pvt 1/2 RF, sd & fwd L cont trn arnd M brush R to L, fwd R);
- 8 {Thru Face Close} SCP DLC XRif (W XLif), sd L, cl R to CP WALL;

**ENDING**

**1-3 BOX;; DIP BACK & HOLD:**

- 1-2 {Box} CP WALL Fwd L, sd R, cl L; Bk R, sd L, cl R;
- 3 {Dip Back & Hold} CP WALL Dip bk L w/ knee relaxed (W dip fwd R) leave R extended fwd, -, -;

AA BCC A

WAIT  
HOVER FALLAWAY  
MANEUVER  
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WAIT  
SLIP PIVOT  
2 RIGHT TURNS FC WALL  
CANTER

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A HOVER TO SCP  
FWD FWD LOCK FWD  
SPIN TURN  
2 LEFT TURNS FC WALL

THRU CHASSE TO BJO  
MANEUVER  
BOX FINISH FC DLC  
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B BALANCE LEFT & RIGHT BFLY  
ROLL 3 TO BFLY  
STEP SWING  
PIVOT TO SCP

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THRU FACE CLOSE  
SPIN MANEUVER  
THRU FACE CLOSE

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C WHISK  
BACK HOVER TO SCP  
WING  
IMPETUS TO SCP

THRU HOVER BJO  
CHAIR & REC  
TURN LEFT & CHASSE BJO  
THRU FACE CLOSE

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END BOX  
DIP BACK & HOLD

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R3-1 STAY IN MY LIFE (ROSS)  
(SCP DRW TRAIL FT FREE)