

# LIFE IS A SLOW DANCE WITH YOU

**By:** Erin & Scot Byars, 144 Lirios Avenue, Sacramento, CA 95828 916-482-9503 cuer4dance@yahoo.com  
**Record:** “Slow Dance” by Michael Peterson ASIN: B003A9GDGI Original length: 4:08  
CD/“Being Human” ASIN: B003A97DDU *Amazon shows this song as 4:08 in length  
but song actually ends at 3:34*  
Legally downloadable from www.amazon.com and others Speed +2%  
**Footwork:** Opposite throughout (*woman in parentheses and italic*) Amended December 12, 2016  
**Phase:** Waltz Roundalab Phase II+2 (Hover/Interrupted Box) or  
[Phase III+1 with optional Leg Crawl in B mod]  
**Sequence:** **Intro A A mod B A mod B C B mod End**

**In keeping with the romantic nature of this song, this dance is done almost completely “in hold,” with the exception of thru Twinkles, Twirls and Interrupted Boxes.**

## INTRO

(BFLY WALL) **WAIT 2 MEASURES; ; APART, POINT; TOGETHER TO CP WALL, TOUCH;** (CP WALL)

1-4 BFLY WALL Wait; wait; apart L, pt R, - ; tog R to CP WALL, tch L, - ;

(CP WALL) **TWISTY BALANCES; ; TWIRL VINE; PICKUP;** (CP LOD)

5-6 Sd L, XRIB rising, rec L (*W sd R, XLIF rising, rec R*); sd R, XLIB rising, rec R (*W sd L, XRIF rising, rec L*);

7 Sd L, XRIB, sd L (*W fwd R, fwd L trng RF 3/4 under M's L and W's R hands, sd R trng 1/4*);

8 Fwd R a small stp (*W fwd L stping in front of M trng LF to CP LOD*), sd L, cl R ;

## PART A

(CP LOD) **TWO LEFT TURNS; ; (CP WALL) BOX; ; (CP WALL)**

1-2 Fwd L trng LF, sd R, cl L; bk R trng LF, sd L, cl R to CP WALL;

3-4 Fwd L, sd R, cl L; bk R, sd L, cl R;

(CP WALL) **TWISTY BALANCES; ; TWISTY VINE 3; MANEUVER;** (CP RLOD)

5-6 Repeat Intro Measures 5-6; ;

7-8 Sd L, XRIB (*W XLIF*), sd L trng to BJO LOD; fwd R trng RF to CP RLOD, sd L, cl R;

(CP RLOD) **TWO RIGHT TURNS; ; (CP WALL)**

9-10 Bk L start RF trn, sd R cont trn, cl L; fwd R cont trn, sd L cont trn, cl R ending CP WALL;

(CP WALL) **HOVER; PICKUP;** (CP LOD) **2ND & 3RD TIMES THRU, FACE, CLOSE;** (CP WALL)

11 Fwd L, sd R rising, rec L to SCP;

12 **[1st time]** Repeat Intro Measure 8;

**[2nd & 3rd time]** XRIF, sd L, cl R to CP WALL;

## PART B

(CP WALL) **LEFT TURNING BOX; ; ; (CP WALL)**

1-2 Fwd L trng 1/4 LF to CP LOD, sd R, cl L; bk R trng LF 1/4 to CP COH, sd L, cl R;

3-4 Fwd L trng 1/4 LF to CP RLOD, sd R, cl L; bk R trng LF 1/4 to CP WALL, sd L, cl R;

(CP WALL) **BALANCE LEFT; SIDE, DRAW, TOUCH; BALANCE LEFT; REVERSE TWIRL;** (OP FCG WALL)

5-6 Sd L, XRIB, in plc L; sd R, draw L, tch L;

7-8 Sd L, XRIB, in plc L; ; sd R, XLIB, sd R (*twirl LF L under M's L and W's R hands, R, L*) to OP FCG WALL;

**PART B (CONTINUED)**

(OP FCG WALL) **THRU TWINKLE; THRU, FACE, CLOSE;** (CP WALL) **DIP BACK; MANEUVER;** (CP RLOD)

9-10 Thru L to RLOD, sd R trng to fc ptr, cl L; thru R to LOD, sd L trng to fc ptr in CP WALL, cl R;

11-12 Dip back L, -, - ; rec R trng RF to CP RLOD, sd L, cl R;

(CP RLOD) **TWO QUARTER RIGHT TURNS;** ; (CP LOD) **PROG BOX;** ; (CP LOD/**3RD TIME** TO SCAR LOD)

13-14 Bk L trng 1/4 RF, sd R, cl L; fwd R trng 1/4 RF, sd L, cl R to CP LOD;

15-16 **[1st & 2nd times]** Fwd L, sd R, cl L; fwd R, sd L, cl R;

**[3rd time]** Fwd L, sd R, cl L; fwd R, sd L blnding to SCAR LOD, cl R;

**PART C**

(SCAR LOD) **PROGRESSIVE TWINKLE 3 TIMES;** ; ; **FORWARD, FACE, CLOSE;** (CP WALL)

1-2 XLIF (*WXRIB*), sd R, cl L to BJO LOD; XRIF (*WXLIB*), sd L, cl R to SCAR LOD;

3-4 XLIF (*WXRIB*), sd R, cl L to BJO LOD; fwd R, sd L to CP WALL, cl R;

(CP WALL) **INTERRUPTED BOX;** ; ; ; (CP WALL)

5-6 Fwd L, sd R, cl L; bk R, sd L, cl R

*(fwd L comm RF trn under ld hnds, fwd R cont trn, fwd L);*

7-8 Fwd L, sd R, cl L (*cont RF trn fwd R, fwd L, fwd R completing RF trn to CP*); bk R, sd L, cl R; [*W makes full RF trn over meas 2 & 3*]

**PART B MODIFIED**

(CP WALL) **LEFT TURNING BOX;** ; ; ; (CP WALL)

1-4 Repeat Part B, measure 1-4; ; ;

(CP WALL) **BALANCE LEFT; SIDE, DRAW, TOUCH; BALANCE LEFT; REVERSE TWIRL;** (OP FCG WALL)

5-8 Repeat Part B, measure 5-8; ; ;

(OP FCG WALL) **THRU TWINKLE; THRU, FC, CL;** (CP WALL)

9-10 **Slowing** Repeat Part B, measure 9-10; ;

(CP WALL) **DIP, TWIST; HOLD [OPTIONAL LEG CRAWL]; REC, TCH;** (CP WALL)

11-12 Dip bk L (“Thanks”), twist (“for the”), - ; hold [optional leg crawl] (“slow dance”), - , - ; rec R (“with”), tch L, - ;

**Original tempo resumes**

**END**

(CP WALL) **TWISTY BALANCES;** ; **TWIRL VINE; THRU, FACE, CLOSE;**

1-4 Repeat Intro, Measures 3-5; ; ; repeat Part B Measure 10;

(CP WALL) **INTERRUPTED BOX;** ; ; ;

5-8 Repeat Part C Measures 5-8; ; ;

(CP WALL) **APART, POINT/M KISS L’S HAND;**

9 Apt L, pt R, M kiss L’s hand;



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# Life is a Slow Dance with You

Phase 2+2 (Hover/Interrupted Box) Waltz or  
 Phase 3+1 with optional Leg Crawl  
 Choreographer: Erin & Scot Byars  
 Music: Michael Peterson "Slow Dance"  
 CD: Being Human  
 Speed +2%  
 Amended: December 12, 2016

## Intro A A mod B A mod B C B mod End

- Intro BFLY WALL Wait 2 measures; ; apart, point; together to CP WALL, touch;  
 Twisty balances; ; twirl vine; pickup to CP LOD;
- Part A Two left turns; ; box; ; twisty balances; ; twisty vine; maneuver;  
 Two right turns; ; hover; pickup;
- Part A mod Two left turns; ; box; ; twisty balances; ; twisty vine; maneuver;  
 Two right turns; ; hover; thru, face, close;
- Part B Left turning box; ; ; balance left; side, draw, touch right;  
 Balance left; reverse twirl 3; thru twinkle; thru, face, close; dip back & hold; maneuver;  
 Two quarter right turns to face LOD; ; progressive box; ;
- Part A mod Two left turns; ; box; ; twisty balances; ; twisty vine; maneuver;  
 Two right turns; ; hover; thru, face, close;
- Part B mod Left turning box; ; ; balance left; side, draw, touch right;  
 Balance left; reverse twirl 3; thru twinkle; thru, face, close; dip back & hold; maneuver;  
 Two quarter right turns to face LOD; ; progressive box to SCAR LOD; ;
- Part C Progressive twinkle 3 times; ; ; forward, face, close to CP WALL; interrupted box; ; ;
- Part B mod Left turning box; ; ; balance left; side, draw, touch right;  
 Balance left; reverse twirl 3; *slowing* thru twinkle; thru, face, close to CP WALL;  
 Dip back ("Thanks"), twist ("for the");  
 Hold [optional leg crawl] ("slow dance"); recover, touch; *original tempo resumes*
- End Twisty balances; ; twirl vine; thru, face, close; interrupted box; ; ;  
 Apart, point/gentleman kiss ladies' hand;