

ALL MY LIFE

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CD Music: "All My Life" by Linda Ronstadt with Aaron Neville

MP3 Download: Available through Amazon

https://youtu.be/sBX97E_QmsI

Rhythm/Phase: Bolero. ROUNDALAB Phase III+2 [Cross Body, Leg Crawl]

Difficulty: Average

Footwork: Opposite, directions for W (except where noted)

Released: June 2020; Rev01 March 2021

Sequence: Intro, A, B, Bridge, A, B, Bridge, C, B, End

Time: 3:30 @ 100% Download Speed

Play at 51 RPM in Dance Master or Adjust 14% in Audacity

INTRO

[CP WALL] WAIT;; HIP LIFT – 2X;;

1-2 Wait 2 measures in CP WALL;;

3-4 Sd L bringing R foot to L, -, with slight pressure on R foot lift R hip, lower R hip; Sd R bringing L foot to R, -, with slight pressure on L foot lift L hip, lower L hip;

PART A

[CP WALL] BASIC to BFLY;; SHLDR to SHLDR – 2X;;

1-2 Sd L with body rise, -, bk R with slipping action, fwd L; Sd R with body rise, -, fwd L with slipping action, bk R to BFLY;

3-4 Sd L with body rise, -, XRIF to BFLY BJO lowering, bk L to fc ptr; Sd R with body rise, -, XLIF to BFLY SCAR lowering, bk R to fc ptr (*W sd R with body rise, -, XLIB to BFLY BJO lowering, fwd R to fc ptr; Sd L with body rise, -, XRIB to BFLY SCAR lowering, fwd L to fc ptr*);

[BFLY WALL] NEW YORKER; SPOT TURN to BFLY; HAND to HAND – 2X to OP LOD;;

5 Sd L with body rise, -, fwd R with slipping action lowering and comm trn to OP LOD, bk L comm trn to fc ptr;

6 Sd R with body rise comm body RF trn, -, XLIF lowering and cont RF trn on crossing foot 1/2, fwd R comp RF trn 1/4 to fc ptr to BFLY WALL;

7-8 Sd L with body rise, -, swvl 1/4 on L to LOP RLOD step bk on R lowering, fwd L trng to fc ptr;
Sd R with body rise, -, swvl 1/4 on R to OP LOD step bk on L lowering, fwd R;

PART B

[OP LOD] BOLERO WALK 6 to BFLY;; UNDERARM TRN to FC; FWD BREAK to CP;

1-2 Fwd L with body rise, -, fwd R, fwd L; Fwd R with body rise, -, fwd L, fwd R blending to BFLY WALL;

3 Sd L with body rise, -, XRIB lowering, fwd L (*W sd R with body rise comm RF trn under joined lead hands, -, XLIF lowering and cont 1/2 RF trn, fwd R comp trn*) to fc;

4 Sd and fwd R with body rise to LOP FCG extending R arm to sd, -, fwd L, bk R (*W sd and bk L with body rise blending to LOP FCG extending L arm to sd, -, bk R, fwd L*) to CP;

[CP WALL] CROSS BODY fc COH; FWD BASIC; CROSS BODY fc WALL; FWD BASIC;

5 Sd and bk L trng LF, -, bk R with slipping action trng LF, fwd L trng LF (*W sd and fwd R, -, fwd L crossing in front of M trng LF, sm sd R*) to CP COH;

6 Sd R with body rise, -, fwd L with slipping action, bk R;

7 Repeat Part B Meas 5 to CP WALL;

8 Repeat Part B Meas 6;

BRIDGE

[CP WALL] HIP LIFTS – 2X;;

1-2 Repeat Intro Meas 3-4;;

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Repeat Part A
Repeat Part B
Repeat Bridge

PART C

[BFLY WALL] **NEW YORKER; OP BREAK; FENCE LINE – 2X::**

- 1 Repeat Part A Meas 5;
- 2 Sd and fwd R with body rise extending R arm to sd to LOP FCG, -, bk L lowering, fwd R (*W sd and bk L with body rise extending R arm to sd to LOP FCG, -, bk R lowering, fwd L*) to BFLY;
- 3-4 Sd L with body rise, -, X lunge R thru to LOD with bent knee looking twd LOD, bk L; Sd R with body rise, -, X lunge L thru to RLOD with bent knee looking twd RLOD, bk R;

[BFLY WALL] **CRAB WALK 6:: SPOT TRN to BFLY; SD, DRAW, CLOSE; HAND to HAND to OP LOD:**

- 5-6 Sd L with body rise, -, XRIF, sd L; XRIF, -, sd L, XRIF twd LOD;
- 7 Sd L with body rise comm body LF trn, -, XRIF lowering and cont LF trn on crossing foot 1/2, fwd L comp LF trn 1/4 to fc ptr to BFLY WALL;
- 8 Sd R, -, draw L to R, cl L lowering;
- 9 Repeat Part A Meas 8;

Repeat Part B

END

[BFLY WALL] **FENCE LINE; OP BREAK to BOL BJO; WHEEL 6 to CP WALL::**

- 1 Blending to BFLY repeat Part C Meas 3;
- 2 Repeat Part C Meas 2 to BOL BJO;
- 3-4 Fwd L comm RF trn with R hnd around ptr waist and L arm out, -, trng RF fwd R, fwd L fc COH; Fwd R cont RF trn, -, fwd L, fwd R to CP WALL;

[CP WALL] **DIP BK w/LEG CRAWL & HOLD:**

- 5 Bk and sd L lowering with supporting leg extended (*W fwd and sd R lowering with supporting leg extended raise L leg along outside of M's R leg*);

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HEAD CUES

Intro, A, B, Bridge, A, B, Bridge, C, B, End

INTRO

[CP WALL] WAIT;; HIP LIFT – 2X;;

PART A

[CP WALL] BASIC to BFLY;; SHLDR to SHLDR – 2X;; NEW YORKER; SPOT TRN to BFLY; HAND to HAND – 2X to OP LOD;;

PART B

[OP LOD] BOLERO WALK 6 to BFLY;; UNDERARM TRN; FWD BRK to CP; CROSS BODY fc COH; FWD BASIC;

CROSS BODY fc WALL; FWD BASIC;

BRIDGE

[CP WALL] HIP LIFT – 2X;;

PART A

[CP WALL] BASIC to BFLY;; SHLDR to SHLDR – 2X;; NEW YORKER; SPOT TRN to BFLY; HAND to HAND – 2X to OP LOD;;

PART B

[OP LOD] BOLERO WALK 6 to BFLY;; UNDERARM TRN; FWD BRK to CP; CROSS BODY fc COH; FWD BASIC;

CROSS BODY fc WALL; FWD BASIC;

BRIDGE

[CP WALL] HIP LIFT – 2X to BFLY;;

PART C

[BFLY WALL] NEW YORKER to FC; OP BREAK to BFLY; FENCE LINE – 2X;; CRAB WALK 6;; SPOT TRN to BFLY;

SD, DRAW, CLOSE; HAND to HAND to OP LOD;

PART B

[OP LOD] BOLERO WALK 6 to BFLY;; UNDERARM TRN; FWD BRK to CP; CROSS BODY fc COH; FWD BASIC;

CROSS BODY fc WALL; FWD BASIC to BFLY;

END

[BFLY WALL] FENCE LINE; OP BREAK to BOL BJO; WHEEL 6 to CP WALL;; DIP BK w/LEG CRAWL & HOLD;