

MI VIDA SIN TU AMOR

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MUSIC: "Mi Vida Sin Tu Amor" *Mi Vida Sin Tu Amor* by Cristian Castro
Available as a download from Amazon

RHYTHM: Bolero

PHASE IV+2 (riff turn and horseshoe turn) +1 UNPH (switch) average difficulty

FOOTWORK: Opposite

SEQUENCE: INTRO A B C A (1-8) B ENDING

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INTRODUCTION

1-4 CP WALL WAIT; SWAY L & R; RIFF TURN; LUNGE & TWIRL RLOD;

- 1 {CP wall wait} Wait;
- 2 {sway L & R} Sd L w/ L sd stretch, -, sd R w/ R sd stretch, -;
- 3 {riff turn} Sd L raising ld hnds start W RF spin, cl R to L as W completes spin, sd L keeping ld hnds high, cl R (W sd & fwd R commence RF spin, cl L to R spinning RF one trn, fwd R commence RF spin, cl L to R spinning RF one trn, completing 2nd full spin under ld hnds);
- 4 {lunge sd & twrl RLOD} Lunge sd L ckg Lady w/ R hnd on her R hip, -, raising ld hnds rec R leading W to twrl LF, XLif (W lunge sd R ckg, -, twrl LF L, R,);

5-7 SHOULDER TO SHOULDER; HIPS ROCKS; HIP LIFT;

- 5 {sh to sh} Blending to BFLY sd R, -, XLif, rec R (Sd L, -, XRib, rec L);
- 6 {hip rks} BFLY sd L w hip roll, -, rec R w/ hip roll, rec L w/ hip roll ;
- 7 {hip lift} Sd R blending to CP bringing L to R, -, with slight pressure lift L hip, lower;

PART A

1-5 BASIC;; CROSS BODY; HORSESHOE TURN;;

- 1-2 {basic} Sd L, -, slip bk R, fwd L; Sd R, slip fwd L, bk R;
- 3 {x body} Sd & bk L trng LF, -, bk R w/slipping action, fwd L cont trn (Sd & fwd R, -, fwd L XIF of M trng LF, sm step sd R);
- 4-5 {horseshoe trn} Sd & fwd R, slip thru L, bk R; Raising ld hnds fwd L twd ptr preparing to cross IF of W, fwd R twd RLOD, fwd L to fc ptr & WALL (Sd & fwd L, slip thru R, bk L; Fwd R und joined, fwd L, fwd R to fc ptr);

6-8 REVERSE UNDERARM TURN; CRAB WALKS;;

- 6 {rev undarm trn} Sd R, -, XLif, bk R (Sd L, -, XRif trng ½ LF und ld hnds fwd L trng to fc ptr);
- 7-8 {crab walks} Blending to BFLY sd L, -, XRif, sd L; XRif, -, sd L, XRif blending to CP;

9-12 TURNING BASIC;; UNDERARM TURN; LARIAT ½;

- 9-10 {trng basic} Sd & fwd L w/ slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd & fwd L to fc COH; Sd & fwd R, -, fwd L w/ contra ck action, rec R;
- 11 {undarm trn} Sd L, -, XRib leading W to trn RF und ld hnds, rec L (Trng RF sd & fwd R, -, fwd L cont RF trn, fwd R to fc LOD);
- 12 {lariat} Sd R, -, rk L, rec R (Fwd L, R, L circling around M);

13-15 MAN SWIVEL TO FC WALL & FENCELINE; TO RLOD PREPARE AIDA; AIDA LINE & SWITCH LUNGE;

- 13 {M swivel to fc & fenceline} Sd & fwd RLOD swiveling to BFLY WALL, lunge thru R, rec L (Fwd R swiveling to BFLY, -, lunge thru L, rec R);
- 14 {prep aida} Sd R, -, thru L, sd R to fc (Sd L, -, thru R, sd L);
- 15 {aida line & switch lunge} Bk L to aida line, -, sd R to BFLY lunge, - (Bk R to aida line, -, sd L to lunge, -);

PART B1-4 TURNING BASIC 1/2; OPEN BREAK; RIGHT PASS; FORWARD BREAK;

- 1 {trng basic 1/2} Sd & fwd L w/ slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd & fwd L to fc COH;
 2 {op brk} Sd & fwd R, -, apt L, rec R;
 3 {R pass} Fwd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF fwd L to fc WALL (Fwd R look at ptr thru window, -, fwd L trn LF, bk R trng LF und jnd hnds);
 4 {fwd brk} Sd & fwd R, -, fwd L, bk R;

5-7 FENCELINE W/ ARMS 2X;; SLOW ROCKS;

- 5-6 {fenceline w/ arms 2x} Sd L sweeping trailing arms up & over, -, XRif hnds toward LOD, rec L; Sd R sweeping arms up & over, -, XLif toward RLOD rec R to low BFLY;
 7 {slow rocks} Sd L w/ hip roll, -, sd R w/ hip roll, -;

8-11 START FAN; INTO HOCKEY STICK;; LUNGE BREAK;

- 8 {fan} Sd L, -, bk R, rec L fcg WALL (Sd & fwd R, -, fwd L, bk R trng LF);
 9 {start hockey stk} Sd R, -, fwd L, bk R (Sm bk L to fan pos, -, cl R, fwd L);
 10 {fin hockey stk} Sd L & slightly bk, -, sd & fwd R w/slight RF trn, fwd L DRW (Fwd R, -, fwd L, fwd R trng LF 1/2 und jnd hnds);
 11 {lunge brk} Sd & fwd R, -, lower on R extending L sd & slightly bk, rise on R bringing lady fwd (Sd & bk L, -, bk R contra ck sit line, rec fwd L);

12-14 DOUBLE HAND OPENING OUTS;; SYNC HIP ROCKS;

- 12-13 {dbl hnd open outs} Maintaining BFLY sm sd L trng LF, -, lower on L extending R ft to sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk R rotating LF, -, XLib lowering, fwd R to BFLY); Maintaining BFLY sm sd R trng RF, -, lower on R extending L ft to sd & shaping to ptr, rise rotating back to BFLY WALL (Sd & bk L rotating RF, -, XLib lowering, fwd L to BFLY);
 14 {sync hip rks} Sd L, -, rec R/rec L, rec R;

PART C1-3 SPOT TURN TO HANDSHAKE; SHADOW NEW YORKER; X HAND UNDARM TRN;

- 1 {spot trn} Sd L, -, lunge thru R trng 1/2 LF, fwd L to fc ptr & WALL to handshake;
 2 {shad NY} R hnds joined sd R, -, thru L to fc RLOD, bk R to fc joining L hnds und R;
 3 {X hnd und arm trn} Sd L raising R hnds, -, raising L hnds & lowering R hnds XRib leading W to trn RF, rec L leaving L hnds high & R hnds low (W/ slight RF trn sd & fwd R, -, fwd L trng RF to fc RLOD, fwd & sd R to fc ptr);

4-7 BREAK BACK/W MAN'S HEADLOOP; SWITCH & WALK 2 RLOD; SWITCH WALK & FC CP; SWAY LEFT & RIGHT;

- 4 {brk bk w/ M's headloop to 1/2 OP} Sd R raising L hnds and looping over M's head lowering hnds to M's shoulder & releasing both hnds, -, brk bk L, rec R to 1/2 OP LOD;
 5 {switch & walk 2 RLOD} Fwd L trng to L 1/2 OP, -, fwd R, fwd L;
 6 {switch to LOD walk & fc} Fwd R trng to 1/2 OP, -, fwd L, fwd R blending to CP;
 7 {sway L & R} Sd L w/ L sd stretch, -sd R w/ R sd stretch, -;

REPEAT A (1-8)REPEAT BENDING1-3 LUNGE & TWIRL TO RLOD; SHOULDER TO SHOULDER; SLOWING W/ MUSIC HIP ROCKS;

- 1-2 Repeat meas. 4 & 5 of intro;;
 3 {hip rks} BFLY sd L w hip roll, -, rec R w/ hip roll, rec L w/ hip roll;
 4-5+ SLOW REVERSE UNDERARM; M REC BK L/BOTH LOWER & SLOWLY RAISE ARMS;±
 4 {sl rev undarm} Sd R slowly looping L arm over lady leading her to trn LF, -, hold, - (Sd L, -, XRif trng LF 1/2 und joined ld hnds, -);
 5+ {M rec bk/both lower} M rec bk L to fc DRW lowering ld hnds, both lower on ld ft and slowly raise arms as music fades, -, -, -; +