

ALL MY LIFE



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Music: "All My Love" By Linda Ronstadt and Aaron Neville – Time: 3:30
Download from Amazon - Faded out at 2:40

Phase: IV+1 (Triple Traveler) – Rhythm: Slow Two-Step Difficulty: Average
Footwork: Opposite unless otherwise noted Speed: 42 RPM

Sequence: Intro – A – B – A – B Mod - C - End

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INTRO

1-4 2 Measure Wait ;; Hip Lift (Right) ; Hip Lift (Left) :

{2 Meas Wait} Shadow Man Behind W both FC LOD – R ft free for both – 2 Measure Wait ;;
{Hip Lift} Sd R, -, brng L ft to R raise L hip up, hip dwn (Sd R, -, brng L ft to R raise L hip up,
hip dwn);
{Hip Lift} Sd L, -, brng R ft to L raise R hip up, hip dwn (Sd L, -, brng R ft to L raise R hip up,
hip dwn) ;

PART A

1-4 Sweetheart Run 9 ;; Bring Lady In Front - Man 2 Slows :

{Sweetheart Run 9} Wrp pos FC LOD fwd R, -, fwd L, fwd R; (Wrp pos FC LOD fwd Rt,
-, fwd L, fwd R) ;
Wrp pos FC LOD fwd L, -, fwd R, fwd L; (Wrp pos FC LOD fwd R, -, fwd L, fwd R) ;
Wrp pos FC LOD fwd R, -, fwd L, fwd R; (Wrp pos FC LOD fwd R, -, fwd L, fwd R) ;
{Lady In Front – Man 2} Fwd L, -, fwd R, - (Fwd L, - comm LF trn sd R, cont trn to fc bk L) ;

5-8 4 Traveling Cross Chasses ;; FC Wall :

{4 Traveling Cross Chasse} Fwd L twrd LOD & trn LF 1/8 blnd to a R shldr ld with both
hnds jnd going dwn & in to hip lvl, -, sd & fwd R, XLIF of R (Bk R twrd LOD trn LF 1/8
blnd to L shldr ld with both hnds jnd going down & in to hip lvl, -, sd & bk L, XRIF of L) ;
Fwd R twrd LOD & trn RF 1/8 blnd to a L shldr ld with both hnds jnd keeping at hip lvl, -,
sd & fwd L, XRIF of L (Bk L twrd LOD trn RF 1/8 blnd to R shldr ld with both hnds jnd at
hip lvl, -, sd & bk R, XLIF of R) ;

Repeat Measure 5 ;

Fwd L twrd LOD & trn LF 1/4 blnd to a R shldr ld with both hnds jnd going dwn & in to hip
lvl, -, sd & fwd L, XRIF of L fc wall (Bk R twrd LOD trn LF 1/4 blnd to L shldr ld with both
hnds jnd going down & in to hip lvl, -, sd & bk L, XRIF of L) fc wall ;

9-12 Underarm Turn ; Lariat 1/2 ; Outside Roll ; Basic Ending :

{Underarm Turn} Sd L to jn ld hnds palm-to-palm, -, XRIB of L, rec L (Sd R comm RF
trn undr jnd ld hnds, -, XL ovr R to LOD cont RF trn 1/2, rec fwd on R cmplt trn to fc ptrn) ;

{Lariat 1/2} Sd R shaping to W & ld W to lariat -, rec L, rec R trng LF to fc LOD (W sd L
to M's R sd, -, fwd R crossing beh M, fwd L) ;

{Outside Roll} Fwd L bringing hnds dwn & bk, -, fwd R bringing hnds up arnd ld W
to roll RF (Fwd R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwd
R to loose CP) fc COH ;

{Basic Ending} Sd R, -, XLIB of R, rec R (Sd L, -, XRIB of L, rec L) fc COH ;

13-16 Open Basic ; Lady (Switch) Across (To Close) ; Basic ;;

{Open Basic} Stp sd L & opn bdy to L hlf opn pos, -, XRIB of L, fwd L to fc ;

{Lady Switch} Fwd R ld W to XIF of M & plc R arm arnd W releasing L arm, -, fwd & sd
L, fwd XRIF of L to end in V-shape hlf opn (Fwd L XIF of M & sharply trn RF, -, fwd & sd R,

fwd XLIF of R to end in V-shape hlf opn) ;

{Basic} FC prtnr & wall sd L, -, XRIB of L, rec L ; Sd R, -, XLIB of R, rec R ;

PART B

1-4 Triple Traveler ::: Basic Ending ;

{Triple Traveler} Fwd L comm LF uppr bdy trn to ld W to M's L sd raising ld hnds to strt W into L trn, -, fwd R, fwd L (Bk R trn 1/4 L, -, cont trn sd & fwd L trn 1/2 undr jnd ld hnds, sd & fwd R cont trn to fc LOD) ;

Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (Fwd L, -, fwd R, fwd L) ;

Fwd L brng jnd hnds dwn & bk in a continuous circular motion to ld W into a RF trn, -, fwd & sd R to fc prtnr, XLIF of R (Fwd R comm RF trn, -, sd L cont RF trn undr ld hnds, fwd R to fc prtnr) fc COH ;

{Basic Ending} Sd R, -, XLIB of R, rec R (Sd L, -, XRIB of L, rec L) fc COH ;

5-7 Underarm Turn - Man Turn Half - Arm Over ; Wheel 3 ;

No Hands - Lady Outside Roll ;

{Underarm Turn-Man Turn ½ - Arm Over} Sd L to jn ld hnds palm-to-palm, -, XRIB of L comm RF trn, rec L trn ½ RF fc LOD brng R arm dwn in frnt to W R shldr (Sd R comm RF trn undr jnd ld hnds, -, cross L ovr R to LOD cont RF trn 1/2, rec fwd on R) ;

{Wheel 3} Comm RF trn fwd R, -, cont RF trn fwd L, cont RF trn fwd R (Comm RF trn fwd L, -, cont RF trn fwd R, cont RF trn fwd L) fc wall ;

{Lady Outside Roll} Fwd L comm RF trn fc wall, - start W otsd roll release hnds, sd R, XLIF of R (Comm RF fwd R, cont RF trn fwd L, cont RF trn fwd R) fc wall ;

8-11 Basic Ending ; Open Basics ; Right Turn Outside Roll ;

{Basic Ending} Repeat Measure 4 of Part B ;

{Open Basics} Stp sd L & opn bdy to L hlf opn pos, -, XRIB of L, fwd L trn LF to fc ;

Stp sd R & opn bdy to hlf opn pos, -, XLIB of R, fwd R trn RF to fc ;

{Right Turn Outside Roll} XIF of W sd & bk L end fc RLOD, -, sd & bk R almost XIB trn 1/4 RF ld W undr jnd ld hnds, XLIF of R to fc prtnr (Fwd R comm RF twirl undr ld hnds, -, fwd L, fwd & sd R to fc prtnr) ;

12-15 Basic Ending ; (To Reverse) Triple Traveler :::

{Basic Ending} Repeat Measure 4 of Part B ;

{Triple Traveler} Repeat Measures 1,2,& 3 of Part B to RLOD :::

16-19 Basic Ending ; 2 Shoulder to Shoulders - Arms Out ; Underarm Turn ;

{Basic Ending} Repeat Measure 4 of Part B ;

{2 Shoulder To Shoulders} From BFLY sd L comm LF trn to BFLY BJO, extnd L arm, XRIF of L, rec L to fc BFLY (From BFLY sd R comm LF trn to BFLY BJO, extnd L arm, XLIB of R, rec R to fc) ;

From BFLY sd R comm RF trn to BFLY SDCAR, extnd R arm, XLIF of R, rec R to fc (From BFLY sd L comm RF trn to BFLY SDCAR, extnd R arm, XRIB of L, rec L to fc) ;

{Underarm Turn} Sd L to join ld hnds palm-to-palm, -, XRIB of L, rec L (Sd R comm RF trn undr jnd ld hnds, -, cross L ovr R to LOD cont RF trn 1/2, rec fwd on R complt trn to fc prtnr) ;

20 Reverse Underarm - Man 2 - Wrap Shadow FC Line (Right Foot Free) ;

{Rev Underarm Turn – Man 2} Sd R to jn ld hnds palm-to-palm, -, XLIB of R, wrap W fc LOD (Sd L comm LF trn undr jnd ld hnds, -, cross R ovr L to RLOD cont LF trn 1/2, rec fwd on L to fc LOD) both fc LOD – R ft free ;

Repeat PART A

PART B Mod

1-4 Triple Traveler ::: Basic Ending ;

{Triple Traveler} Repeat Measures 1, 2 & 3 of Part B ;

{Basic Ending} Repeat Measure 4 of Part B ;

5-7 Underarm Turn - Man Turn Half - Arm Over ; Wheel 3 ; Lady Outside Roll ;
{Underarm Turn-Man Turn ½ - Arm Over} Repeat Measure 5 of Part B ;
{Wheel 3} Repeat Measure 6 of Part B ;
{Lady Outside Roll} Repeat Measure 7 of Part B ;

8-11 Basic Ending ; Open Basics ;; Right Turn Outside Roll ;
{Basic Ending} Repeat Measure 4 of Part B ;
{Open Basics} Repeat Measures 9 & 10 of Part B ;
{Right Turn Outside Roll} Repeat Measure 11 of Part B ;

12-15 Basic Ending ; Triple Traveler 1 ;;
{Basic Ending} Repeat Measure 4 of Part B ;
{Triple Traveler} Repeat Measures 1,2,& 3 of Part B ;;

16-19 Basic Ending ; 2 Shoulder to Shoulders - Arms Out ;; Underarm Turn ;
{Basic Ending} Repeat Measure 4 of Part B ;
{2 Shoulder To Shoulders} Repeat Measures 17 & 18 of Part B ;
{Underarm Turn} Repeat Measure 19 of Part B ;

Lunge Basic – Half Open ;
{Lunge Basic – Half Open} Sd R with slight lunge action, -, rec L, XRIF of L to V-shape hlf opn fc LOD ;

PART C

1-4 Switches ;; Wheel 6 (FC Wall) ;;
{Switches} Fwd L chng sd & sharply trn RF fc in frnt of W plcing L arm arnd W releasing Rt arm, -, fwd & sd R, fwd XLIF of R to end in V-shape L hlf opn (**Fwd R, -, fwd & sd L, fwd XRIF of L to end in V-shape L hlf opn**) ;
 Fwd R ld W to XIF of M & plcing R arm arnd W releasing L arm, -, fwd & sd Lt, fwd XRIF of L to end in V-shape hlf opn (**Fwd L XIF of M & sharply trn RF, -, fwd & sd R, fwd XLIF of R to end in V-shape hlf opn**) ;
{Wheel 6} Comm RF trn to BJO fwd L, -, cont RF trn fwd R, cont RF trn fwd L (**Fwd R, -, comm RF trn fwd L, cont RF trn fwd R**) ;
 Cont RF trn in BJO fwd R, -, cont RF trn fwd L, cont RF trn fwd R (**Cont RF trn fwd R, -, cont RF trn fwd R, cont RF trn fwd L**) fc wall ;

5-8 Basic ;; Left Turn Inside Roll ; Basic Ending ;
{Basic} FC prtnr & wall sd L, -, XRIB of L, rec L ; Sd R, -, XLIB of R, rec R ;
{L Turn Inside Roll} Fwd L comm 1/4 LF trn, -, sd R, XLIF of R to fc prtnr (**Bk R comm 1/4 LF trn, -, sd L trn LF undr ld hnds, cont LF trn sd R to fc prtnr**) ;
{Basic Ending} Sd R, -, XLIB of R, rec R (**Sd L, -, XRIB of L, rec L**) ;

9-12 (To Reverse) Switches ;; Wheel 6 (FC Center) ;;
{Switches} Repeat measure 1 & 2 of Part C to RLOD ;;
{Wheel 6} Repeat measures 3 & 4 of Part C to COH ;;

13-16 Basic ;; Left Turn Inside Roll ; Reverse Underarm Wrap ;
{Basic} FC prtnr sd L, -, XRIB of L, rec L ; Sd R, -, XLIB of R, rec R ;
{L Turn Inside Roll} Fwd L comm 1/4 LF trn, -, sd R, XLIF of R to fc prtnr (**Bk R comm 1/4 LF trn, -, sd L trn LF undr ld hnds, cont LF trn sd R to fc prtnr**) ;
{Reverse Underarm Wrap} Sd R, -, XLIB of R wrp the W, rec R (**Sd L comm LF trn undr jnd ld hnds, -, cross R ovr L to RLOD cont LF trn 1/2, rec fwd on L**) both fc LOD ;

END

Lower (Cuddle) ;
{Lower} Lower on weighted trail ft pnt ld ft out ;

Note: Fade Music Out