

## Life

<b>Choreographers:</b>	<b>Music:</b> Life Song; Artist: Mason Williams; Album: The Mason Williams Phonograph Record, track 11; or Amazon download;
Harold & Meredith Sears	<b>Footwork:</b> Opposite except where indicated (W's footwork in parentheses)
4670 Talbot Dr. Boulder, CO 80303 U.S.A.	<b>Rhythm:</b> Foxtrot; <b>Timing:</b> indicated in column 1 (weight changes only)
Tel: 303-494-3570	<b>Phase:</b> VI (& only VI :-)
	<b>Release date:</b> 10/10/20
harold@rounddancing.net meredith@rounddancing.net	<b>Time, Speed, &amp; Modification:</b> Original: 0:27 @ ~28 meas/min; modification: copy 4-note trill @ 7 seconds and paste in front of initial downbeat, amplify final 4 slowing downbeats, or contact choreographer.
www.rounddancing.net	<b>Sequence:</b> Intro, Dance

### INTRODUCTION

pick-up notes	<b>Wait</b>	CP DLW, tr ft free, wait 4-note trill
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### DANCE

<b>1-2.5</b> SQQ QQQQ QQ	<b>Continuous Hover Cross ; ; , ,</b>	Fwd R comm RF trn, -, sd L trng (W cl R in heel trn), sd & fwd R (W sd L) SCAR DLW; fwd L, cl R (W sd L sliding across to BJO), bl L, bk R CP; sd & fwd L, fwd R BJO DLC,
<b>2.5-4.5</b> SQ - QQQQ (SQQ& QQQQ)	<b>Telefeather , ; ; , ,</b>	Fwd L trng LF, -; fwd & sd R trng (W cl L in heel trn), sd & bk L w/ partial wt keeping L sd in toward partner/trn upper body LF leading W to pick up (W fwd R SCP/fwd L folding to CP), fwd L trng LF, sd R trng (W cl L in toe spin); sd & fwd L trng, fwd R BJO DLW,
<b>4.5-5.5</b> QQQQ	<b>Rumba Cross DLC , ; , ,</b>	Fwd L with strong L-sd lead turning RF, cross RIB of L (W XLIF of R) trng to CP RLOD; bk L trng to CP DLC, fwd R,
<b>5.5-6.5</b> SQ&Q	<b>Fwd Qk Rudolph Ronde &amp; Slip , ; , ,</b>	Fwd L, -; sm fwd R between W's feet comm RF pivot but check rotation by lowering and keeping L leg back (W bk L & ronde R leg CW in small arc)/sm bk L (W XRIB of L pivoting LF to fc), bk R to CP DLC,
<b>6.5-7.5</b> SQ - & (SQ&Q&)	<b>Double Reverse Overspin , ; , ,</b>	Fwd L trng LF, -; sd R spinning (W cl L to R in heel trn/sd & bk R trng), bring L to R with no weight CP LOD/sm fwd L spinning LF (W XLIF of R/sm bk & sd R) to CP DRC;
<b>7.5-9</b> SQQQQ	<b>Bk L Feath , ; slowing rise to a ;</b>	Bk & sd R to CP RLOD (W fwd L), -; bk L, bk R SCAR DRW, sd & bk L trng LF, fwd R BJO DLW (W sm bk L well under body) rising and turning LF blend to CP;
<b>10</b> S	<b>Tumble , ,</b>	Slip fwd L pivoting LF to CP DLC, -, hold