

# LONG AS I LIVE

Page 1 of 3

**(Dedicated to my life long partner, Tammy)**

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**MUSIC:** CD - The Very Best of John Michael Montgomery - "Long As I Live" Track #17 **SPEED:** 30MPM

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**SEQUENCE:** Intro, A, B, Br, A, B, C, B, Ending **FOOTWORK:** Described for M - W opp (or as noted)

**RHYTHM:** Slow Two-Step **PHASE:** VI **RELEASED:** March 2014

## INTRO

### **1 - 4 WAIT 2 MEAS;; SHADOW BREAK; OPEN BREAK TO SHADOW REVERSE;**

- 1-2 - Wait 2 measures M facing partner & WALL w/R hands joined & L arms tucked underneath R handshake feet together and lead foot free for both;;
- 3 - Trng slightly RF sd L extending L arms out to side,-, XRIB of L, rec L to end OPEN "V" POS w/handshake FCING RLOD;
- 4 - Trng slightly LF to fc partner sd R,-, apart L, fwd & across R (rec L) to offset w/partner W to your R;

### **5 - 8 WHEEL FACE WALL; OPPOSITION BRK; (DOWN LOD) LADY FWD UNDERARM TRN TO; OPEN BASIC w/M's HEAD LOOP;**

- 5 - Fwd L twd WALL trng ¼ RF to fc RLOD joining L hands to SHADOW POS,-, wheel ½ RF fwd R, fwd L (fwd R twd COH trng ¼ LF to fc RLOD,-, wheel ½ RF bk L, bk R) to end SHADOW POS FCING LOD;
- 6 - Cont RF wheel fwd R to fc WALL,-, fwd L twd WALL checking, rec R (cont RF wheel bk L to fc WALL,-, bk R twd COH checking, rec L comm LF trn) to end SHADOW POS FCING WALL;
- 7 - Cl L to R lead W fwd in front down LOD,-, bk R raising L hands & releasing R hands, rec L (trng LF fwd R twd LOD in front of M,-, fwd L under joined L hands trng RF, rec R cont RF trn);
- 8 - Sd R trng slightly LF (RF) scooping ptr up w/R arm while taking L hands over head & release,-, XLIB of R, rec R to end in V-shape ½ OPEN POS FCING LOD;

## PART A

### **1 - 4 SD BASIC; OPEN BREAK TO STACK HANDS; PASSING ALTERNATING UNDERARM TURNS;;**

- 1 - Trng slightly RF to CP WALL sd L,-, XRIB of L, rec L;
- 2 - Sd R,-, apart L joining R hands on top of L hands, sd & fwd R (rec L) to offset w/partner W to your L;
- 3 - Fwd L twd WALL raising R hands,-, fwd & sd R twd WALL trng LF raising L hands & lowering R hands, rec L cont LF trn under joined L hands (fwd R twd COH comm trng RF under joined R hands,-, fwd & sd L twd COH trng RF under joined L hands, rec R cont RF trn);
- 4 - Bk & sd R twd COH taking R hands over head,-, apart L, rec R (bk & sd L twd WALL,-, apart R, rec L) to end back to where you started at end of measure 2 to repeat the action;

### **5 - 8 TWICE; NOW L OVER R; (TO COH) LADY SPIRAL & CROSS CHASSE w/M's DOUBLE HEAD LOOP; OPEN BASIC M FOLD FOR;**

- 5 - Repeat meas 3;
- 6 - Repeat meas 4 but M fwd & across R (rec L) on last step to offset w/partner W to your R and release L hands re-joining them on top of R hands;
- 7 - Trng RF sd L twd WALL leading W to spiral first under L hands then R as L hands lower,-, rec R cont RF trn bringing L hands thru twd COH as you loop R hands over head & release, XLIF of R raising L hands between you (fwd R twd COH, spiral ¼ LF to fc LOD, cont LF trn sd & fwd L, XRIF of L);
- 8 - Trng LF (RF) sd & bk R scooping ptr up w/R arm while taking L hands over head & release,-, XLIB of R, rec R to end in V-shape ½ OPEN POS FCING WALL;

### **9-12 CUDDLE PIVOTS TO SLOW CORTE FC RLOD;,-, OK FWD TO PROMENADE SWAY; SLOW CHANGE TO OVERSWAY; FALLAWAY RONDE TO L OPEN (LOD);**

- 9 - Folding RF in front of W taking L arm around W to cuddle pos bk & sd L twd WALL pivot 3/8 RF,-, fwd R twd DLW pivot 3/8 RF, bk & sd L twd LOD flex knee;
- QQ 10 - Hold line,-, fwd R trng RF and leading W to turn around, fwd & sd L to cuddle SCP RLOD;
- 11 - Relax L knee keeping R leg extended with slight LF upper body rotation stretch L sd swiveling W's R ft to CP look twd & over W (head well to L) still in CUDDLE POS now CP DRC;
- 12 - Sd & bk R trng upper body RF leading W to ronde as you ronde L ft CCW,-, XLIB of R release R arm hold & join lead hands, trng RF bring joined lead hands thru twd LOD sd & fwd R (sd & fwd L trng RF on L as you ronde R ft CW,-, XRIB of L releasing L arm hold, trng LF sd & fwd L) end V-shape L OPEN POS FCING LOD;

**13-16 OUTSIDE ROLL; M TURN L & HOLD LADY AROUND; (TO RLOD) OUTSIDE ROLL TO; ½ OPEN LUNGE BASIC;**

- 13 - Fwd & across L,-, raising joined lead hands to lead W under RF sd & fwd R, fwd & across L (fwd & across R,-, fwd & sd L trng RF under joined lead hands, fwd R) still in L OPEN POS FCING LOD;
- Q--- 14 - Fwd & sd R, turn LF on R to fc RLOD under joined lead hands, hold leading W like a lariat (fwd & sd L (SQQ) shaping RF to M,-, strongly curving RF around M fwd R, fwd L) to end in L OPEN POS FCING RLOD;
- 15 - Fwd & across L,-, raising joined lead hands to lead W under RF sd & fwd R, fwd & across L (fwd & across R,-, fwd & sd L trng RF under joined lead hands, fwd R) to end in V-shape L OPEN POS FCING RLOD;
- 16 - Trng LF trn sd R flexing knee as you scoop ptr up w/R arm to V-shape ½ OPEN POS FCING LOD,-, rec L, fwd & across R comm RF trn;

**PART B****1 - 4 M SWITCH & OPEN BASIC;; M SWITCH & OPEN BASIC;;**

- 1 - Fwd L DLW changing sides & sharply trng RF scooping ptr up w/L arm,-, fwd & sd R, fwd & across L (fwd R,-, fwd & sd L, fwd & across R) to end in V-shape LEFT ½ OPEN POS FCING LOD;
- 2 - Trng LF (RF) sd & bk R scooping ptr up w/R arm,-, XLIB of R, rec R to end in V-shape ½ OPEN POS RLOD;
- 3 - Fwd L DRC changing sides & sharply trng RF scooping ptr up w/L arm,-, fwd & sd R, fwd & across L (fwd R,-, fwd & sd L, fwd & across R) to end in V-shape LEFT ½ OPEN POS FCING RLOD;
- 4 - Trng LF (RF) sd & bk R scoop ptr up w/R arm,-, XLIB of R, rec R to end in V-shape ½ OPEN POS LOD;

**5 - 8 TRAVELING RIGHT TRN; w/OUTSIDE ROLL TO; HIP CHECK & LADY SPIN LEFT TO BFLY; LUNGE BASIC M IN FRONT HANDS LOW;**

- 5 - Folding RF in front of W sd & bk L to CP RLOD,-, XRIB of L pressure wgt, twist trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L (fwd R LOD between M's feet,-, cont RF trn around M fwd L twd WALL, fwd R twd RLOD checking) to end CONTRA BJO M FCING DLW;
- 6 - Fwd R twd LOD outside ptr raising joined lead hands,-, fwd & sd L, fwd & across R releasing lead hand hold (bk L,-, trng RF fwd R under joined lead hands, fwd L cont RF trn) to end fcng partner & DLW w/M's R hand moving towards back of W's R hip preparing to stop her;
- Q 7 - Flex R knee to lower and point L ft fwd in sit line as you catch W's R hip to check her,-, rise trng slightly RF, (SQQ) cl L to R, (bk R twd DLW checking taking arms out to sd,-, takes arms up over head fwd L twd RLOD spin ¾ LF, cl R to L) to end BFLY M FCING WALL;
- 8 - Sd R flexing knee,-, rec L lowering hands, trng RF moving slightly past W XRIF of L (sd L flexing knee,-, rec R, trng slightly RF XLIF of R) to end low double hand hold M FCING PARTNER & DRW;

**9 -12 PULL PASS; BOTH STEP RONDE CIRCLE VINE M SLOWLY TO;****OK SIDE LUNGE LADY UNDERARM SIT HOLD; LADY SWIVEL TO TWISTY BASIC ENDING;**

- S-Q 9 - Trng RF bk L LOD,-, trng RF to face DLC while strongly leading W fwd on inside of circle, sd & fwd R leaving (SQQ) L ft pointed sd & bk twd RLOD (W fwd R while delaying fwd body movement,-, fwd L, fwd R up to M's chest);
- SS 10 - Sd & bk L/ronde R ft to sd & bk,-, trng RF XRIB of L,-; (fwd L trng ½ RF/ronde R ft to sd & bk,-, XRIB of L, sd (SQQ) & fwd L) to end BFLY M FCING DLW; **NOTE:** M finishes circle vine w/quick side lunge in next measure.
- Q--- 11 - Release trailing hands trng slightly RF lunge sd L twd LOD as you quickly lead W under joined lead hands and slowly extend trailing arm up & out looking at ptr (fwd R twd RLOD under joined lead hands/swivel ½ LF to sit line and slowly extend trailing arm up & out looking at ptr) to end M fcng WALL W fcng LOD;
- 12 - Rec R trng LF leading W to trn to BFLY BJO,-, XLIB of R, rec R (rec L swivel 3/8 LF to BFLY BJO DRC,-, XRIF of L, rec L) to BFLY BJO DLW;

**13-18 EGGBEATER TURN; TO WRAP WALL RIGHT LUNGE; SWEETHEART BREAK; SWEETHEART SWITCH; M SLIDE BEHIND W; LUNGE BASIC M CLOSE LADY PICKUP TCH;**

- 13 - Trng RF sd L raising lead hands but also taking trailing hands thru twd LOD at shoulder level,-, XRIB of L trng W under lead hands, rec L taking lead hands to M's upper R arm to release hand hold & immediately re-join under M's R arm while trng W under trailing hands (trng RF sd & fwd R,-, fwd & across L trng RF under joined lead hands, fwd R cont RF trn under trailing hands);
- S-- 14 - Sd R leading W under trailing hands again,-, flex R knee in lunge line (sd & fwd L twd RLOD trng ½ RF on L (SS) under joined trailing hands,-, small sd R flex knee in lunge line) to end in R lunge WRAP POS FCING WALL; **NOTE:** Same footwork now for next 4 measures.
- 15 - Trng RF sd & bk L LOD,-, XRIB of L, rec L to end in LEFT WRAP POS FCING DRW;
- 16 - Fwd R twd DRW trn sharply ½ LF to wrap pos fcng DLC,-, cont LF trn small sd L twd RLOD leading W to step further sd, cont LF trn small fwd & across R completing ¾ LF trn allowing W in front of you to end having changed sides now in WRAP POS FCING DRC;

- 17 - Cont slight LF trn fwd L leading W in front of you,-, sd & fwd R to move to inside track, fwd & across L (cont slight LF trn sd & fwd L in front of M,-, fwd R, fwd L) to end in LEFT WRAP POS FCING DRW;
- SQQ 18 - Trng LF sd R to fc WALL flexing knee,-, cont LF trn releasing trailing hands rec sd & fwd L, cl R to L (trng LF (SQ-) sd R fc WALL flexing knee,-, cont LF trn fwd L twd LOD, swivel LF on L tch R to L) to blend CP DLW;

### BRIDGE

#### **1 - 4 LEFT TURN INSIDE ROLL O.T. TO; BACK TRAVELING CROSS CHASSE TO CP WALL;**

- 1 - Fwd L twd LOD trn LF to fc COH,-, cont LF trn sd R twd DLC, XLIF of R (bk R trng LF,-, sd L cont LF trn under joined lead hands, sd R cont LF trn) to end low double hand hold fcng ptr M FCING DRW;
- 2 - Sd & bk R twd DLC trng LF,-, cont LF trn sd L twd LOD, XRIF of L and blend to CP WALL;

### PART C

#### **1 - 4 LEFT TURN INSIDE WRAP TO; M's SWEETHEART SWITCH & SLIDE LADY TO; RIGHT HAND LUNGE STORK LINE; (TO RLOD) OUTSIDE ROLL;**

- 1 - Fwd L twd LOD,-, fwd R leading W under and allow your R hand to draw down W's L arm to catch W's L hand, fwd L (bk R comm LF trn,-, sd L cont LF trn under joined lead hands, sd R) to end WRAP POS DLC;
- Q--- 2 - Fwd R twd DLC trn sharply ½ LF trng W w/you to wrap pos fcng DRW,-, hold leading W LOD across & past (-QQ) you as you release lead hands and allow R hand to slide down W's R arm (without weight chg allow M to trn you ½ LF on R ft,-, cont slight LF trn sd & fwd L twd LOD, XRIF of L);
- 3 - Catch W's R hand with yours as you soften in R knee w/strong support for W & extend L arm out to sd (sd L (Q---) LOD taking R ft to inside of L knee toe pointing down to floor extending L arm straight up past L ear);
- 4 - Sd L twd LOD leading W fwd,-, sd R twd RLOD trng RF, XLIF of R (fwd R,-, fwd & sd L trng RF under joined R hands, fwd R) to end OPEN "V" POS w/handshake FCING RLOD ;

#### **5 - 9 OPEN BASIC w/W's HEAD LOOP; SHOULDER TUCK & TWIRL; SLOW FWD TO OPEN CONTRA CHK & EXTEND;; REC & CROSS CHASSE LADY SPOT TURN TO ½ OPEN (LOD);**

- 5 - Trng LF sd & bk R (scoop ptr up w/L arm),-, XLIB of R taking R hands over W's head to rest on W's R shoulder, rec R to mod ½ OPEN POS FCING LOD R hands joined w/M's R arm over the top of W's L arm;
- 6 - Fwd L leading W slightly in front w/LF trn,-, fwd R w/R hand lead W under RF, fwd L (fwd & across R trng slightly LF in front of M,-, fwd L LOD twirl RF 1 full turn, fwd R trng ½ RF to fc M) to end M FCING LOD;
- SS 7 - Still w/R handshake fwd R,-, lowering on R fwd L w/R sd leading extending R arm straight twd W,-;
- 8 - Cont to fully extend line w/more R sd lead as you comm to extend L arms,-, out to side (look well to L,-);
- 9 - Rec R cking leading W out of Contra Check,-, sd & fwd L leading W fwd releasing R hands, scooping ptr up w/R arm fwd & across R (rec L,-, fwd R twd RLOD trng LF sweeping L arm up over M, cont LF trn rec L bringing L arm down on top of M's R arm) to end in ½ OPEN POS FCING LOD;

### PART B

### ENDING

#### **1 - 4 LEFT TURN INSIDE ROLL O.T. TO; SIDE DRAW CLOSE; BACK TRAVELING CROSS CHASSE TO BFLY WALL; UNDERARM TURN;**

- 1 - Repeat meas 1 of Bridge;
- SS 2 - Sd & bk R twd DLC,-, draw L twd R, cl L to R;
- 3 - Repeat meas 2 of Bridge but blend to BFLY POS M FCING WALL;
- 4 - Sd L,-, XRIB of L, rec L (sd R,-, fwd & across L trng RF under joined lead hands, fwd R cont RF trn);

#### **5 - 8 BASIC ENDING; NOW TRAILING HANDS UNDERARM TURN SLOWING DOWN & PAUSE; SD LUNGE w/M's SLOW HEAD LOOP; LADIES R ARM SWEEP UP & CARESS M;**

- 5 - Sd R blending to BFLY WALL,-, XLIB of R, rec R (trng slightly RF sd L,-, XRIB of L, rec L) to BFLY WALL;
- NOTE:** Music slows drastically in next measure and should be danced accordingly with music and then slight pause before taking the last side lunge step of dance on last downbeat of music in measure 7.
- 6 - Sd L releasing lead hands,-, XRIB of L leading W under trailing hands, rec L sweeping trailing hands down (sd R,-, fwd & across L trng RF under joined trailing hands, fwd R cont RF trn);
- S-- 7 - Sd R lunge sweeping trailing hands back up,-, hold and take trailing hands over M's head to rest on his upper back (trng slightly RF sd L,-, keep R arm extended out to side as you take L hand over M's Head);
- 8 - Hold thru measure L arm extended out to sd allow R hand to slide down to your chest,-, place L hand around W's R hip (sweep R arm up,-, then down to caress M's L side of face to end on M's R hand on his chest);

**NOTE:** Timing is standard SQQ unless noted by side of measure and is reflective of actual weight changes.