

LIFE GOES ON

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RECORD: Capitol 4347 OB-LA-DI, OB-LA-DA by the Beatles Available from Composers
RECOMENDED SPEED: 45
PHASE RATING: Cha Cha Phase V+2 (Rope Spin, Advanced Hip Twist)
SEQUENCE: Intro, A, B, C, A, C, B, Tag (Ladies footwork opposite unless indicated)
RELEASE DATE: September, 1994

INTRO

1-5 BACK TO BACK WAIT ONE MEAS; CUCARACHA TWICE;; CUCARACHA TO FACE; SPOT TURN;

- 1 In Back to Back Pos M fcng ctr weight on M's & L's L wait one meas;
QQQ&Q 2-3 (Cucaracha Twice) Sd R circle right arm up and out looking left at ptrn, rec L cont circle pass hnd in front of
QQQ&Q fc and down to sd, in pl R/L, R; Sd L circle L arm up and out looking right at ptrn, rec R cont circle pass
hnd in front of fc and down to sd, in pl L/R, L;
QQQQ 4 (Cucaracha to Face) Sd R, rec L hnd work same as meas 2 trn 1/2 LF to fc ptrn, in pl R, L (W sd R, rec L
(QQQ&Q) trn 1/2 LF to fc ptrn, in pl R/L, R);
QQQ&Q 5 (Spot Turn) XRIF trn LF fc RLOD, fwd L, fwd R fc ptrn/clo L, sd R join hnds;

PART A

1-8 1/2 BASIC; FAN; STOP & GO HOCKEY STICK;; ALEMANA & ROPE SPIN;;;:

- QQQ&Q 1 (1/2 Basic) Fwd L, rec R, sd L/clo R, sd L;
QQQ&Q 2 (Fan) Bk R, rec L, sml sd R/clo L, sd R (W fwd L, trng LF sml bk R, fcng RLOD bk L/lk RIF, bk L);
QQQ&Q 3-4 (Stop & Go Hockey Stick) Fwd L, rec R, in pl L/R, L (W clo R, fwd L, fwd R/lk LIB, fwd R trng 1/2 LF
QQQ&Q under joined hds to end fcng LOD on M's right sd (Man catches W's left shoulder blade with right hnd at end of
trn); Rk fwd R, rec L, in pl R/L, R (Rk bk L, rec R, fwd L/lk RIB, fwd L trng 1/2 RF under joined hds to
end fcng M & RLOD in fan pos);
QQQ&Q 5-8 (Alemana & Rope Spin) Fwd L, rec R, in pl L/R, L (W clo R, fwd L, fwd R/lk LIB, fwd R fc
QQQ&Q ptrn); Bk R, rec L, sd R/clo L, sd R (W XLIF trng RF under joined hds fcng RLOD, fwd R,
QQQ&Q fwd L trng 1/4 RF fcng ptrn /clo R, sd & fwd L spiral RF to end on M's right sd); Push sd L
QQQ&Q taking right sd out of W's path, rec R, in pl L/R, L (W fwd R, fwd L, fwd R/lk LIB, fwd R end on M's left
sd); Push sd R, rec L, in pl R/L, R (W fwd L, fwd R, fwd L/lk RIB, fwd L to end fcng ptrn);

9-16 SINGLE CUBANS; SPOT TURN; WHIP TWIRL; HOP NEW YORKER; SINGLE CUBANS; SPOT TURN; HAND TO HANDS (2);:

- Q&QQ&Q 9 (Single Cubans) BFLY pos XLIF twd DRW/rec R, sd L, XRIF twd DW/rec L, sd R;
QQQ&Q 10 (Spot Turn) XLIF release hnds trn RF face LOD, fwd R, fwd L fc ptrn/clo R, sd L join hnds;
QQQ&Q 11 (Whip Twirl) Trn 1/4 LF bk R, rec L trn 1/4 LF, sd R/clo L, sd R fc COH (W fwd L, fwd R trn 1/2 LF, twirl
LF under joined lead hnds moving down LOD L/R, L);
&QQQ&Q 12 (Hop NY) Hop on R/fwd L, rec R fc ptrn, sd L/clo R, sd L;
Q&QQ&Q 13 (Single Cubans) BFLY pos XRIF twd DRC/rec L, sd R, XLIF twd DC/rec R, sd L;
QQQ&Q 14 (Spot Turn) XRIF release hnds trn LF fc LOD, fwd L, fwd R fc ptrn/clo L, sd R;
QQQ&Q 15-16 (Hand to Hands (2)) Trn LF fc RLOD rk bk L, rec R to fc ptrn, sd L/clo R, sd L; Trn RF fc
QQQ&Q LOD rk bk R, rec L to fc ptrn, sd R/clo L, sd R;

PART B

1-8 1/2 BASIC; WHIP TO SHADOW; SWEETHEART; SWEETHEART TO FACE; OPEN BREAK TO NATURAL TOP;; ADVANCED HIP TWIST; FAN;

- QQQ&Q 1 (1/2 Basic) Fwd L, rec R, sd L/clo R, sd L;
QQQ&Q 2 (Whip to Shadow) Bk R trng 1/4 LF, rec L trng 1/4 LF spin W releasing both hnds to end in shadow fcng wall
W on M's left sd, sd R/clo L, sd R (W fwd L, fwd R and spin one full trn LF releasing both hnds to fc wall in
shadow, sd L/clo R, sd L);
QQQ&Q 3 (Sweetheart) Fwd L with LF contra body rotation right arm twd wall and left arm twd LOD look wall, rec R
bringing both arms across chest, sd L/clo R, sd L crossing behind W to end in shadow with W on M's right
side (W bk R with LF contra body rotation right arm fwd twd wall and left arm twd LOD look wall, rec L
bringing both arms across chest, sd R/clo L, sd R crossing in front of M to end in shadow with W on M's right
sd);

PART B Cont'd

- QQQ&Q 4 (Sweetheart to Face) Fwd R with RF contra body rotation left arm twd wall and right arm twd RLOD look wall, rec L bringing both arms across chest, sd R/clo L, sd R blend to BFLY fcng wall (W bk L with RF contra body rotation left arm twd wall and right arm twd RLOD look wall, rec R bringing both arms across chest and trn 1/2 LF to fc ptr, sd L/clo R, sd L blend to BFLY fcng ptr);
- QQQ&Q 5-6 (Open Break to Natural Top) Bk L raise right hnd, rec R lower right hnd, blend to CP and trng 1/4 RF to fc RLOD, sd L/clo R, sd L (W bk R raise left hnd, rec L lower left hnd blend to CP trn 1/4 RF, XRIF/sd L, XRIF); XRIB trng RF, sd L cont RF trn to fc wall, sd R/clo L, sd R (W fwd L trng RF, XRIF cont RF trn, sd L/clo R, sd L);
- QQQ&Q 7 (Advanced Hip Twist) Fwd L on ball of foot with pressure trng body RF, rec R to fc wall, bk L/rec R, clo L trng W to fc LOD (W trn 1/2 RF bk R, rec L trn 1/2 LF, fwd R outside ptr/rec L, clo R trn 1/4 RF to fc LOD);
- QQQ&Q 8 (Fan) Bk R, rec L, sml sd R/clo L, sml sd R (W fwd L, fwd R trn 1/2 LF to fc RLOD, bk L/lk RIF, bk L to fan pos);

9-16 SIDE WALKS;; DOUBLE CUBANS;; HOCKEY STICK;; SHOULDER TO SHOULDER; UNDERARM TURN;

- QQQ&Q 9-10 (Side Walks (2)) Side L twd LOD, clo R, sd L/clo R, sd L M's left W's right hnds joined M's right arm extended to RLOD (W clo R trn to fc wall, sd L twd LOD, clo R/sd L, clo R); Clo R, sd L, clo R/sd L, clo R (W sd L, clo R, sd L/clo R, sd L left arm extended to LOD);
- Q&Q&Q&Q 11-12 (Double Cubans) XLIF twd DRW/rec R, sd L/rec R, XLIF/rec R, sd L; XRIF/rec L, sd R/rec L, XRIF/rec L, sd R (W on last sd L trn to RLOD to fan pos);
- QQQ&Q 13-14 (Hockey Stick) Fwd L, rec R, in pl L/R, L (W clo R, fwd L, fwd R/lk LIB, fwd R); Bk R, rec L, sd & fwd R/clo L, sd & fwd R follow W (W fwd L, fwd R trn LF to fc ptr, sd L/clo R, sd L travel twd RDW);
- QQQ&Q 15 (Shoulder to Shoulder) XLIF, rec R, sd L/clo R, sd L (W XIB);
- QQQ&Q 16 (Underarm Turn) Bk R, rec L, sd R/clo L, sd R (W XLIF trn RF fc RLOD, fwd R trn to fc ptr, sd L/clo R, sd L);

PART C

1-8 FULL CHASE WITH PEEK-A-BOO'S;.....;

- QQQ&Q 1-8 (Full Chase with Peek-A-Boo's) Fwd L trn RF 1/2, rec fwd R, fwd L/lk RIB, fwd L (W bk R no trn, rec L, fwd R/lk LIB, fwd R); Side R look over left shoulder, rec L, in pl R/L, R (W sd L look right, rec R, in pl L/R, L); Side L look over right shoulder, rec R, in pl L/R, L (W sd R look left, rec L, in pl R/L, R); Fwd R trn LF 1/2, rec fwd L, fwd R/lk LIB, fwd R (W fwd L trn RF 1/2, rec fwd R, fwd L/lk RIB, fwd L); Sd L look right, rec R, in pl L/R, L (W sd R look over left shoulder, rec L, in pl R/L, R); Sd R look left, rec L, in pl R/L, R (W sd L look over R shoulder, rec R, in pl L/R, L); Fwd L, rec bk R, bk L/lk RIF, bk L (W fwd R trn LF 1/2, rec fwd L, fwd R/lk LIB, fwd R); Bk R, rec fwd L, fwd R/lk LIB, fwd R;

TAG

1-2 FENCE LINE; FENCE LINE & TURN BACK TO BACK & LUNGE;

- QQQ&Q 1 (Fence Line) XLIF in fence line twd RLOD, rec R, sd L/clo R, sd L;
- QQQ (QQQ&Q) 2 (Fence Line & Turn Back to Back & Lunge) XRIF in fence line trn LF 1/2 bk to bk pos, rec L, in pl R, lunge L to RLOD and look over right shoulder at ptr (W XLIF in fence line trn RF 1/2 bk to bk pos, rec R, in pl L/R, lunge L and look over right shoulder at ptr);