

MY WAY OF LIFE RUMBA

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RECORD: Roper 263-A "My Way of Life" (flip:Wish You Love) PHASE: V+1(3-3's)

FOOTWORK:Opposite (W's instruction in parentheses) TIMING: QQS unless noted

SEQUENCE: **INTRO-AB-AB-INTERLUDE-B(1-14)-END** SUGGESTED SPEED: 37 to 39 rpm

INTRO**1-4 WAIT;; WHEEL; WHEEL/ W REV TWL TO CP;**

1-2 R Hnd Star - trail hnds out to sd - M fcg DRW - W fcg DLC;;

3 Fwd L trng RF, fwd R cont trng, fwd L cont trng;

4 Fwd R trng RF, fwd L, sd R-

(W fwd L trn LF undr R hnds, bk R cont trn,sd L-); to CP/Wall

PART A**1-4 BASIC TO FULL NATL TOP;;;;**

1 Fwd L, rec R start trng RF, sd L- to wall;

2 Cross R in bk trn RF, sd L cont trng, cross R in bk cont trng- (W sd L, XRIF, sd L-);

3 Sd L trn RF, cross R in bk cont trng , sd L cont trng- (W XRIF, sd L, XRIF-);

4 Cross R in bk trn RF, sd L cont trng, close R- (W sd L, XRIF,close L-); to CP/Wall

5-8 NATL OPG OUT; CRAB WKS;; UNDERARM TRN;

5 Sd L with R sd stretch, rec R, close L to R- (W bk R trng RF 1/2, rec L trng LF 1/2,sd R-); 6-7 In BFLY cross R in frt, sd L, cross R in frt-; Sd L, cross R in frt, sd L-;

8 Cross R in bk, rec L,sd R- (W XLIF start trg RF undr lead hnds,fwd R cont trg, sd L fc ptr-);

9-12 2 CUDDLES;; SD BEH RONDE; BEH SD THRU FLARE;

9 Sd L with L sd stretch L arm out, rec R, close L- place L hnd on W's R sh'dr blade

(W bk R tng RF 1/2 R arm out, rec L, fwd R tng 1/2 LF- place R hnd on M's L sh'dr);

10 Sd R with R sd stretch R arm out, rec L. close R- place R hnd on W's L sh'dr blade

(W bk L tng LF 1/2 L arm out, rec R, fwd L tng 1/2 RF place L hnd on M's R sh'dr-);

11 **{Serpiente}** Sd L, XRIB(W XLIB), with relaxed R knee fwd & ronde L CCW- (W R CW);

QQQQ 12 Cross L in bk, sd R, cross L in frt, flare R CCW (W L CW);

13-16 AIDA; SWITCH RK; SPOT TRN; SLOW HIP ROLL L & R;

13 Fwd R trng RF, sd L cont trng, bk R-; to a V bk to bk pos

14 Sd L trng LF(W RF) to fc ptr bring jnd hnds thru, rec R, sd L-;

15 Cross R in frt trng 1/2 LF, rec L cont trng to fc ptr, sd R-;

SS 16 In place L rolling L hip fwd & arnd-, in place R rolling R hip fwd & arnd-;

PART B

1-4 OPEN BREAK; NATL TOP 3; TO LOD KIKI WK 3; FCG FAN TO HNDSK;

1 Rk apt L extend R arm up with palm out, rec R lower arm, sd & fwd L trn RF 1/4-;

2 Cross R in bk trn RF, sd L cont trn, close R- (W sd L,XRIF,sd L-); to SCP fcg LOD

3 Fwd L, fwd R, fwd L--; placing each foot directly in frt of supporting foot

4 Bk R, rec L, sd & fwd R- (W fwd L start trng LF,sd & bk R, bk L- fcg RLOD); to hndsk

5-8 START HOCKEYSTICK; WHEEL 6;; FIN HOCKEYSTICK;

5 Fwd L, rec R,close L - (W close R,fwd L,fwd R-); to a R hnd Star fcg DL W

6-7 Fwd R trn RF, fwd L cont trng, fwd R cont trng-; Repeat meas 3 INTRO; to DLW

8 Bk R, rec L trng RF, fwd R- (W fwd L,fwd R trng LF to fc ptr,sd & bk L-); to DRW

9-12 FLIRT;; 2 SWEETHEARTS;; (W TRN TO FC ON 2nd)

9 Fwd L, rec R, sd L- (W bk R,fwd L,fwd R trng LF-); to Varsouvienne pos

10 Bk R, rec L, sd R- (W bk L, rec R, sd L slide to M's left sd-) to L Varsouvienne

11 Release hnds, Chk fwd L with R sd lead, rec R straighten body, sd L-; to R Shadow pos

12 Chk fwd R with L sd lead, rec L straighten body, sd R-

(W chk bk L, rec R, trn LF on R sd L to fc ptr-);

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PART B continued...

13-16 THREE THREE'S;;;:

13 Fwd L, rec R, close L release hnds - after her swivel place hnds on W's sh'drs

(W bk R, fwd L, fwd L swivel RF 1/2 to fc wall-);

14 Bk R, rec L, close R lead W to spin LF- after her spin replace hnds on W's sh'drs

(W in place L arms out to sds & up, in place R arms down, in place L spin LF 1 full trn to fc wall-);

15 Sd & fwd L to DW extend arms out to sds look at ptr, rec R, close L-

(W sd & bk R to DRC extend arms look at ptr, rec L, fwd R swivel RF 1/2 fc ptr-);

16 Bk R, rec L, fwd R- (W fwd L swivel RF 1/2, fwd R swivel RF 1/2, fwd L to fc ptr-);

INTERLUDE**1-4 3 CUDDLES;;; SLOW HIP ROLL R & L;**

1-3 Repeat meas 9 & 10 PART A;; Repeat meas 9 PART A;

SS 4 In place R rolling R hip fwd & arnd-, in place L rolling L hip fwd & arnd-;

5-8 FAN; ALEMANA;; HIP ROLL L & R;

5 Bk R, rec L, sd & fwd R- (W fwd L, rec R start LF trn, bk L with R ft extended in frt fc RLOD);

6 Fwd L, rec R, close L- (W cl R, fwd L, fwd R start trng RF to fc ptr-);

7 Bk R, rec L, sd R- (W fwd L undr jnd lead hnds swivelg RF, fwd R trn to fc ptr, sd L-);

SS 8 Repeat meas 16 PART A;

END**1-3& 2 SHADOW CUCARACHAS with ARMS;; BASIC/ W TRN TO FC; & PT**

1 Sd L with partial wgt, rec R, close L-; [L (W R) arm circles up, out to sd, & down]

2 Sd R with partial wgt, rec L, close R-; [R (W L) arm circles up, out to sd, & down]

3 Fwd L, rec R, sd L (W fwd R trng LF, fwd L to fc ptr, sd R);

& Pt R (W L) to ptr-