

LIFESTYLE FOXTROT

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RECORD Roper 307A La Dolce Vita [Flip of Ciao Ciao Bambino]
RHYTHM Foxtrot
SEQUENCE INTRO AA BB[1-15] INT. AA END
ROUNDALAB Phase 5+1 [Throwaway Oversway]
SUGGESTED SPEED 42-43
FOOTWORK Opposite except where noted.

INTRO

1-4 **WAIT; WAIT; TOGETHER TURN TOUCH TO CLOSED; FEATHER FINISH; [DLC]**
1-2 In Lft Opn Fcng Diagonal Line & Wall Wait 2 meas;; (Man's L & Lady's R Foot Free)
3-4 Fwd Together (with slight RF Trn) to CP; Bck R, Trn LF Sd & Fwd L, Fwd R,
Contra BJO DLC;

PART A

1-4 **HOVER TELEMAR; FEATHER; REVERSE TURN;;**
1-2 Fwd L, Diag. Sd & Fwd R with Rise & Slight RF Trn, Fwd L to Semi DLC;
Thru R, Fwd L, Fwd R Contra BJO DLC;
3-4 Fwd L, Trn LF Sd R, Bck L to CP fc RLOD (W Bck R, Trn LF Cl L TO R for Heel Trn,
Fwd R); Bck R, Trn LF Sd & Fwd L, Fwd R Contra BJO DLW;

5-8 **THREE STEP; HALF NATURAL TURN; CLOSED IMPETUS; FEATHER FINISH;**
5-6 Fwd L To CP DLW, Fwd R, Fwd L; Fwd R, Trn RF Sd L, Bck R To CP Fc RLOD
(W Bck L, Trn RF Cl R To L for Heel Trn, Fwd L);
7-8 Bck L, Trn RF Cl R To L for Heel Trn, Sd & Bck L To CP DLW (W Fwd R, Trn RF Sd
L, Brush R To L Fwd R);
Repeat Meas. 4 Of Intro;

9-12 **REVERSE WAVE;; BACK FEATHER; BACK CURVING THREE STEP;**
9-12 Fwd L, Starting LF Trn Sd R, Bck L Fc DRC (W Bck R, Trn LF Cl L To R For
Heel Trn, Fwd R); Bck R Curving LF, Bck L, Bck R Fc RLOD; Bck L, Bck R With
Right Sd Lead, Bck L To Contra BJO Fc RLOD; Bck R, Bck L Strong LF Trn, Bck R
Cont. Trn To Fc DW; [Checking Action On Last Step]

13-16 **REVERSE WAVE A HALF; CHECK & WEAVE;; CHANGE OF DIRECTION;**
13-16 Fwd L, Starting LF Trn Sd R (W Heel Turn), Bck L To CP DRC;
Check Bck R, Rec L Comm. LF Trn, Sde & Bck R DRW;
Bck L To Contra BJO, Bck R Blending To CP Comm. LF Turn, Sd L DL W, Fwd R To
Contra BJO DLW; Fwd L DW Turn LF; Sd R DW Draw L To R [No Weight] In CP DC;

REPEAT A

PART B

1-4 **REVERSE FALLAWAY; SLIP & CHASSE TO BJO; NATURAL WEAVE;;**
1-2 Fwd L Trn LF, Sd R, XLIB To Rev.SCP DRW; With Slight LF Trn Slip R Behind L Cont.
Trn To Fc DLW, (W Swiv. LF On R Fwd L Outside M RF) Sd L Clse R, Sd L To Contra
BJO DLW;
3-4 Fwd R, Trn RF Sd L, Bck R To Contra BJO Fc DRW; Bck L, Bck R, Trn LF Sd & Fwd
L, Fwd R To Contra BJO Fc DLW;

5-8 **CHANGE OF DIRECTION; HOVER TELEMAR; PROMENADE WEAVE;;**
5-6 Fwd L DW Turn LF, Sd R DW Draw L To R [No Weight] In CP DC;
Fwd L, Diag. Sd & Fwd R With Rise & Slight RF Trn, Fwd L To SCP DLC;
7-8 Fwd R DC, Fwd L Turn LF (W Fwd L Sd & Slightly Bck R To CP), Sd & Bck R DC;
Bck L To Contra BJO, Bck R Blending To CP Comm. LF Turn, Sd L DW, Fwd R To
Contra BJO;

PART B continued....

9-12

THREE STEP; HALF NATURAL TURN; IMPETUS TO SEMI; FEATHER;

9-10 Fwd L Blending To CP, Fwd R, Fwd L LOD; Fwd R Turn RF, Sd & Bck L Fc RLOD
(W Heel Turn,) Bck R In CP Fc RLOD;
11-12 Bck L Trn RF, Cls R To L Cont. Rf Trn (W Fwd Around M Brush R To L), Fwd L To
SCP DC; Thru R, Fwd L, Fwd R To Contra BJO DLW;

13 –16

REVERSE TURN;; WHISK; FEATHER;

13-14 Repeat Meas. 3 & 4 Of Part “A”;;
15-16 Fwd L, Fwd & Sd R, XLIB To SCP; Repeat Meas. 12 Of Part “B”;

REPEAT B [1-15]

INTERLUDE

1-3

WING TO SCAR; TELEMARK TO SEMI; FEATHER; [DLW]

1-2 Fwd R, Draw L To R & Tch; (W Fwd L, Fwd R, L, Around M To SCAR, DLC)
Fwd L Comm. LF Trn, Sd R .Cont.Trn, Slightly Fwd L To Semi, (W Bck R Comm. LF Trn
Bringing L Beside R [No Weight], Trn LF On R Heel[Heel Trn] & Change Weight To LF &
Fwd R To Semi);
3 Repeat Meas. 16 Of Part “A”

ENDING

1-2

TELEMARK TO SEMI; THROUGH TO A SLOW THROWAWAY OVERSWAY;

1 Repeat Meas. 2 Of “INTERLUDE”;
2 [Slowly] Through R, Sd & Fwd L Relaxing L Knee & Allowing R To Point Sd & Bck
While Keeping R Sd Toward W & Looking At Her [With L Sd Stretch];
(W Through L Sd & Fwd R Trng LF While Relaxing R Knee & Sliding LF Bck Under Body
Past The Right Foot To Point Bck-Meanwhile Looking Well To The Left & Keeping L Sd In
Toward M)