

A Lifetime

(Toda Una Vida)



Choreographers: Kenji & Nobuko Shibata, Misugidai 2-2-1-512, Hanno-shi, Saitama-ken,
357-0041 JAPAN phone: 042-981-9809 kenjinobuko@gmail.com

Music: "Toda Una Vida" Artist: Paloma San Basillio

Album: Escorpio Track #8 3:10 Download Amazon

Time & Tempo: Slower as comfort (Suggested speed: 44RPM at DanceMaster)

Footwork: Opposite, directions for man (lady as noted) Timing indicates weight changes only

Rhythm & Phase: Rumba VI

Sequence: Intro A B C A D B C A End

Released: August, 2025

Ver 1.1

Meas

INTRO

1-8 WAIT; CUCARACHA CROSS TWICE;; OPPOSITION SPOT TRN M PT TO BFLY;
CROSS LUNGE W SWIVEL RF TO TAMARA; BK RK 3; FWD CHECK W DEVELOPE;
W SYNC INSIDE UNDERARM SPIN TO FC;

- 1 Wait a pick-up note & 1 meas in L-hnd STAR Pos/WALL (W fcg COH) slightly offset to R R-ft free for both;
- 2-3 {**Cucaracha Cross Twice**} Sd R pressure step extending R-hnd out to sd, rec L, XRIF sliding across joining R-hnds, - end R-hnd STAR Pos/WALL; Sd L pressure step extending L-hnd out to sd, rec R, XLIF sliding across joining L-hnds, - end L-hnd STAR Pos/WALL;
- QQ-- 4 {**Opposition Spot Trn M Pt to Bfly**} Releasing L-hnds XRIF trng LF 3/4 to fc RLOD, fwd L trng (W QQS) LF 1/4 to fc WALL, pt R sd twd RLOD joining both hnds, - (W XRIF trng LF 3/4 to fc LOD, fwd L trng LF 1/4 to fc COH, sd R, -) end BFLY/WALL; Now opposite footwork
- S-- 5 {**Cross Lunge W Swivel to Tamara**} XRIF flexing knee, -, hold raising jnd lead hnds to lead W swivel RF move jnd trailing hnds thru btwn bodies, - (W XLIF flexing knee, -, swivel RF 3/4 on L to fc RLOD) end TAMARA/LOD jnd lead hnds high jnd trail hnds bhnd W's bk;
- 6 {**Bk Rk 3**} Bk L, rec R, bk L, -;
- S-- 7 {**Fwd Check W Develope**} Fwd R flexing knee releasing trail hnds, -, slightly rise on R, - (W bk L flexing knee, -, slightly rising on L lift R along L-leg, extend R twd RLOD L-hnd extended sd) end TAMARA/LOD jnd lead hnds above W's head M's R-hnds at W's bk W's L-hnd extended sd;
- QQ&S 8 {**W Sync Inside Underarm Spin to Fc**} Bk L keeping jnd lead hnds above W's head, trng RF 1/4 to fc WALL sd R leading W trn LF/cl L, sd R, - (W fwd R, fwd L spinning LF under jnd lead hnds to fc ptr/cl R, sd L, -) end LOP-FCG/WALL;

PART A

1-8 ALEMANA W OVERTRN M TCH TO L-SHAPE;; SAME FT LUNGE & CHG SWAY;
DRAG W DEVELOPE TO SAME FT LUNGE LINE; TELESPIIN ENDING TO HALF-OP;
OPEN CHAIR TO FC; FIN 3 ALEMANAS;

- QQS 1-2 {**Alemanas W Overtrn M Tch to L-Shape**} LOP-FCG/WALL fwd L, rec R, cl L, - (W bk R, rec L, QQ-- fwd R comm trng RF, -); Bk R raising jnd lead hnds, rec L, tch R holding W, - (W fwd L cont trng (W QQS) RF under jnd lead hnds, cont trng RF fwd R, fwd L trng RF to fc LOD, -) end L-Shape CP/WALL (W fcg LOD);
- S-- 3 {**Same Ft Lunge**} Flexing L-knee sd & fwd R w/ sway R looking at ptr, -, chg sway to L, - (W flexing knee bk R w/ sway L looking well to L, -, chg sway to R, -);
- S&-- 4 {**Drag W Develope to Same Ft Lunge Line**} Sd L dragging R to L, -/rising on L cl R, flex R-knee w/ sway L looking at ptr, - (W fwd L raising R along L-leg, extend R fwd/cl R, flexing R-knee extend L fwd w/ sway to R looking R, -);
- QQS 5 {**Telespin Ending to Half-OP**} Swivel LF on R picking up W fwd L comm trng LF, cont trng LF (W & QQS) sd & fwd R around W, cont trng LF sd & fwd L releasing lead hnds, - (W fwd L small step trng LF to fc M/bk R comm trng LF, trng LF on R-heel cl L, cont trng LF sd & fwd R, -) end L-HALF-OP/LOD;
- 6 {**Open Chair to Fc**} Fwd R flexing knee looking at ptr, rec L to fc ptr, sd R, - end LOP-FCG/WALL;
- 7-8 {**Fin 3 Alemanas**} Sd L leading W trn LF, rec R, cl L, - (W fwd R trng LF under jnd lead hnds, cont trng LF fwd, cont trng LF sd R to fc M, -) end LOP-FCG/WALL; Bk R raising jnd lead hnds, rec L, cl R, - (W comm trng RF fwd L under jnd lead hnds. cont trng RF fwd R, cont trng RF fwd L to fc M, -) end LOP-FCG/WALL;
- (Note: 2nd Time thru PART-A end R-HANDSHAKE/WALL)

PART B**1-8 CROSS BODY W SYNC INSIDE UNDERARM OVERTRN TO FAN;; ALEMANA;; CIRCULAR THREE THREES;;;**

- QQS 1-2 **{Cross Body W Sync Inside Underarm Overtrn to Fan}** LOP-FCG/WALL assuming CP fwd L, rec R trng LF to fc LOD, sd L – (W bk R, rec L, fwd R, -) end momentary L-Shape CP/LOD (W fcg COH); Bk R raising jnd lead hnds strongly lead W trn LF, rec L trng LF to fc COH, sd R – (W fwd L comm spinning LF/cont spinning LF cl R, fwd L small step cont spinning LF/cl R to fc LOD, bk L, -) end FAN/COH;
- 3-4 **{Alemana}** Fwd L, rec R, cl L raising jnd lead hnds, - (W cl R, fwd L, fwd R swiveling RF to fc ptr, -); Bk R, rec L, sd R, - (W fwd L cont trng RF under jnd lead hnds, fwd R cont trng RF to fc ptr, sd L, -) end LOP-FCG/COH;
- 5-8 **{Circular Three Threes}** Fwd L, rec R, leading W swivel RF sd & fwd L trng RF 1/4 to fc LOD, - (W bk R, fwd L, fwd R swiveling RF 3/4 to fc LOD, -) end TANDEM/LOD M bhnd W; Placing both hnds on W's shoulders sd & bk R, rec L, leading W spinLF fwd R across body swiveling RF 1/4 to fc WALL, - (W cl L, cl R, cl L spinning LF 3/4 to fc WALL, -) end TANDEM/WALL M bhnd W; Sd & fwd L, rec R, sd & fwd L swiveling RF 1/4 to fc RLOD, - (W sd & bk R, rec L, fwd R swiveling RF 3/4 to fc LOD, -) end FCG Pos/RLOD no hnds jnd; Bk R, rec L, fwd R, - (W fwd L swiveling RF 1/2, fwd R swiveling RF 1/2 to fc M, bk L, -) end LOP-FCG/RLOD;

PART C**1-8 HALF BASIC W SPIRAL; NAT TOP 3 TO FC WALL; ADV HIP TWIST; FCG FAN JOIN R-HNDS; CIRCULAR HIP TWIST;;; SPOT TRN;**

- 1 **{Half Basic W Spiral}** LOP-FCG/RLOD fwd L, rec R, raising jnd lead hnds sd & fwd L trng RF to fc COH, - (W bk R, rec L, fwd R spiraling LF under jnd lead hnds to fc ptr, -) end CP/COH;
- 2 **{Nat Top 3 to Fc Wall}** XRIB comm trng RF, cont trng RF sd L, cont trng RF to fc WALL cl R, - (W sd L comm trng RF, cont trng RF XRIF, cont trng RF sd L, -) end CP/WALL;
- 3 **{Adv Hip Twist}** Fwd L trng upper body RF, rec R, XLIB, - (W swiveling RF 1/2 on L bk R, Rec L swiveling LF 5/8, fwd R outside ptr swiveling RF 3/8, -) end L-Shape CP/WALL (W fcg LOD);
- 4 **{Fcg Fan join R-hnds}** Sd & bk R, rec L trng LF to fc LOD releasing trail hnds, fwd R joining R-hnds, - (W fwd L, fwd R trng LF to fc RLOD, bk L, -) end R-HNDSSHAKE/LOD;
- 5-7 **{Circular Hip Twist}** Fwd L, rec R, XLIB, - (W bk R, rec L, swiveling LF on L fwd R outside ptr, -); Sd & bk R trng LF leading W Swivel, XLIB trng & backing LF, sd & bk R trng LF leading W swivel, - (W swiveling RF on R fwd L, swiveling LF on L cl R, swiveling RF on R fwd L,); XLIB trng & backing LF, sd & bk R trng LF leading W swivel, sd L, - (W swiveling LF on L cl R, swiveling RF on R fwd L, swiveling LF on L to fc fwd R to fc, -) end FCG/WALL R-hnds jnd;
- 8 **{Spot Trn}** Releasing R-hnds XRIF trng LF 3/4 to fc RLOD, rec L trng LF to fc WALL, sd R, - end LOP-FCG/WALL;

PART D**1-8 TURKISH TOWEL;;; W ROLL ACROSS TO SHADOW; L-HNDS UNDERARM TRN w/ M's HEAD LOOP TO CUDDLE; BK RK 3; CHEST PUSH W ROLL OUT TO FC;**

- 1-4 **{Turkish Towel}** R-HNDSSHAKE/WALL fwd L, rec R, cl L raising jnd R-hnds to lead W trn, - (W bk R, rec L, sd & fwd R comm trng RF, -); Bk R, rec L trng LF to fc LOD, sd R, - (W fwd L cont trng RF under jnd R-hnds, fwd R cont trng RF, fwd L around M to his L-sd, -) end M's SHADOW/LOD jnd R-hnds above M's R-shoulder L-hnds jnd & extended sd; Releasing R-hnds bk L slightly across body shaping twd ptr, rec R, sd L sliding IF of W joining R-hnds, - (W fwd R slightly across body shaping twd ptr, rec L, sd R sliding bhnd M, -) end M's L-SHADOW/LOD R-hnds jndL-hnd extended sd; Bk R slightly across body shaping twd ptr, rec L, sd R sliding IF of W joining L-hnds, - (W fwd L slightly across body twd ptr, rec R, sd L sliding bhnd M, -) end M's SHADOW/LOD L-hnds jnd R-hnd extended sd;

PART D (cont'd)

- 5 **{W Roll Across to Shadow}** Bk L leading W roll RF, rec R, sd L assuming SHADOW, - (W fwd R comm rolling RF IF of M, cont rolling RF sd & bk L, cont rolling RF sd R to fc LOD, -) end SHADOW/LOD;
- 6 **{L-hnds Underarm Trn w/ M's Head Loop to Cuddle}** Raising jnd L-hnds fwd R checking, rec L trng RF to fc WALL jnd L-hnds over M's head, releasing L-hnds sd R assuming CUDDLE Pos, - (W fwd L trng RF 1/2 under jnd L-hnds, rec R trng RF 1/4 to fc ptr, sd L, -) end CUDDLE/WALL;
- 7 **{Bk Rk 3}** Bk L, rec R, bk L, -;
- 8 **{Chest Push W Roll Out to Fc}** Releasing hnds bk R, rec L, fwd R, - (W pushing off M's chest w/ R-hnd swivel LF on R to fc WALL fwd L, fwd R trng LF to fc COH, bk L, -) end LOP-FCG/WALL;

END

1-5 OPEN BREAK W SPIRAL TO CP; NAT TOP 3 W RONDE;
BK INSIDE UNDERARM TRN M TRANS TO SHADOW; FRONT VINE 4;
SHADOW CROSS LUNGE & EXTEND;

- 1 **{Open Break W Spiral to CP}** LOP-FCG/WALL apt L, rec R, raising jnd lead hnds sd & fwd L trng RF to fc RLOD, - (W apt R, rec L, fwd R spiraling LF under jnd lead hnds to fc ptr, -) end CP/RLOD;
- 2 **{Nat Top 3 W Ronde}** XRIB comm trng RF, cont trng RF sd L, cont trng RF to fc LOD cl R leading W ronde, - (W sd L comm trng RF, cont trng RF XRIF, cont trng RF sd L & ronde R CW, -) end momentary SCP/LOD;
- QQ&S 3 **{Bk Inside Underarm Trn M Trans to Shadow}** Bk L, trng RF to fc WALL sd R raising jnd (W QQS) lead hnds/cl L, assuming SHADOW Pos sd R, - (W bk R, trng LF to fc COH sd & fwd L, cont trng LF to fc WALL sd R, -) end SHADOW/WALL;
- QQQQ 4 **{Front Vine 4}** XLIF, sd R, XLIB, sd R;
- S-- 5 **{Shadow Cross Lunge & Extend}** XLIF flexing knee, -, sway R W extend R-hnd out to sd, -;