

PARA TODA LA VIDA

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 Music: "Para Toda La Vida" by Rocio Durcal Download at Amazon Time 3:36
 Suggested speed: Increase speed to 24.5mpm (112.5% of Original, 50.6rpm at DanceMaster)
 Footwork: Opposite, directions for man (Lady as noted)
 Rhythm & Phase: Rumba Phase V + 1 (Advanced Sliding Door)
 Sequence: INTRO A B C A[9-16] B[1-13] ENDING
 Note: QQS except where noted. Timing indicates weight changes only.

MEAS:

INTRODUCTION

1-8 WAIT 2 MEAS;; CUDDLE TWICE;; CUDDLE W SPRL; FAN; HKY STK;;

- 1-2 **{Wait 2 Meas}** CP/WALL lead ft free wait lead notes & 2 meas;;
 3-4 **{Cuddle Twice}** Sd L pressure step releasing lead hnds, rec R, cl L to CUDDLE, - (**W swvlg RF 1/4 on L bk R, rec L trng LF 1/4 to fc ptr, sd R, -;**) Sd R pressure step releasing trail hnds, rec L, cl R to CUDDLE, - (**W swvlg LF 1/4 on R bk L, rec R trng RF 1/4 to fc ptr, sd L, -;**)
 5 **{Cuddle W Sprl}** Sd L pressure step, rec R joining lead hnds and raising, cl L, -; (**W swvlg RF 1/4 on L bk R, rec L, fwd R sprlg LF full trn under jnd lead hnds, -)** end W IF of M M fcg WALL W fcg LOD lead hnd jnd;
 6 **{Fan}** Bk R, rec L, sd R, - (**W fwd L, fwd R trng LF 1/2, bk L, -)** end FAN/WALL W fcg RLOD;
 7-8 **{Hky Stk}** Fwd L, rec R raising jnd lead hnds, cl L, - (**W cl R, fwd L, fwd R to IF of M, -;**) Trng RF 1/8 bk R, fwd L lowering jnd lead hnds sharply, fwd R, - (**W trng LF 1/8 fwd L, fwd R trng LF 1/2 to fc ptr under jnd lead hnds, bk L, -)** end LOP-FCG/DRW;

PART A

1-8 1/2 BASIC TO NAT TOP w/ FALWY RONDE ENDG;;

SYNC INSIDE UNDERARM TRN; NEW YORKER;

AIDA; SWITCH X; CRAB WKS ENDG; BRK BK TO 1/2-OP;

- 1-2 **{1/2 Basic to Nat Top w/ Falwy Ronde Endg}** LOP-FCG/DRW fwd L, rec R, comm trng RF sd & fwd L, - (**W bk R, rec L, fwd R comm trng RF, -;**) Cont trng XRIB, cont trng sd L to fc WALL, sd R ronde L CCW to SCP fcg LOD, - (**W sd L cont trng, XRIF cont trng to fc COH, sd L ronde R CW, -)** end SCP/LOD;
 QQ&S 3 **{Sync Inside Underarm Trn}** XLIB trng RF to fc ptr raising jnd lead hnds, sd R/cl L, sd R, - (**W XRIB comm trng LF, sd & fwd L cont trng LF under jnd lead hnds/sd & bk R cont trng to fc ptr, sd L, -)** end LOP-FCG/WALL;
 4 **{New Yorker}** Trng RF to LOP fwd L chkg, rec R trng LF to fc ptr, sd L joining trail hnds, -;
 5 **{Aida}** Trng LF 1/4 to OP fwd R, fwd L trng RF 1/2 to LOP fcg RLOD, bk R, -;
 6 **{Switch X}** Swvlg LF on R to BFLY sd L, rec R, XLIF, -;
 7 **{Crab Wks Endg}** Sd R, XLIF, sd R, -;
 8 **{Brk Bk to 1/2-OP}** Trng LF to 1/2-OP bk L, rec R, fwd L, - end 1/2-OP/LOD;

9-16 OP IN & OUT RUNS TO CP;; SLOW CRAB WKS 2; SPOT TRN; OP BRK w/ PT;

LUNGE APT REC TO FC; HIP RKS; THRU TCH SD CHASSE TO HNDSHK;

- 9-10 **{Op In & Out Runs to CP}** 1/2-OP/LOD sd & fwd R across IF of W comm trng RF, sd & bk L cont trng to L-1/2-OP fcg LOD, fwd R, - (**W fwd L, fwd R between M's ft, fwd L, -;**) Fwd L, fwd R between W's ft trng RF to fc ptr, sd L joining lead hnds to CP, - (**W sd & fwd R across IF of M comm trng RF, sd & bk L cont trng to fc ptr, sd R joining lead hnds, -)** end CP/WALL;
 SS 11 **{Slow Crab Wks 2}** In CP XRIF, -, sd L, -;
 12 **{Spot Trn}** XRIF trng LF 3/4, rec L trng LF 1/4 to fc ptr, sd R, -;
 QQ&-- 13 **{Op Brk w/ Pt}** Apt L extending trail arm up & bk slightly sd, rec R/cl L to R, pt R sd trail arm extended sd, -;
 S-Q 14 **{Lunge Apt Rec to Fc}** Trng RF 1/4 to LOP sd R w/ bent knee, -, -, rec L trng LF to BFLY/WALL;
 15 **{Hip Rks}** Sd R rolling hips CW, rec L rolling hips CCW, sd R rolling hips CW, -;
 Q-Q&Q 16 **{Thru Tch Sd Chasse to HNDSHK}** Trng RF to LOP fwd L, swvlg LF 1/4 on L tch R to L to fc ptr joining R-hnds, sd R/cl L, sd R end HNDSHK/WALL;

PART B

**1-8 TRADE PLACES TO SD-BY-SD; OPP SPOT TRN TO HNDSHK;
TRADE PLACES TO SD-BY-SD; OPP SPOT TRN TO LOP-FCG;
NEW YORKER; THRU TO FAN; ALEMANA OVRTRN TO SHDW;;**

- 1 {Trade Places to SD-BY-SD} HNDSHK/WALL apt L, fwd R slightly XIF trng RF 1/4 releasing R-hnds to momentary TANDEM fcg RLOD M bhd W, sd L, - (**W** apt R, rec L trng LF 1/4 releasing R-hnds to IF of M, sd R, -) end SD-BY-SD both fcg RLOD W at M's R-side;
- 2 {Opp Spot Trn to HNDSHK} XRIF trng LF 3/4 to fc ptr, rec L, fwd R joining R-hnds, - end HNDSHK/COH;
- 3 {Trade Places to SD-BY-SD} Apt L, fwd R slightly XIF trng RF 1/4 releasing R-hnds to momentary TANDEM fcg LOD M bhd W, sd L, - (**W** apt R, rec L trng LF 1/4 releasing R-hnds to IF of M, sd R, -) end SD-BY-SD both fcg LOD W at M's R-side;
- 4 {Opp Spot Trn to LOP-FCG} XRIF trng LF 3/4 to fc ptr, rec L, sd R joining lead hnds, - end LOP-FCG/WALL;
- 5 {New Yorker} Trng RF to LOP fwd L chkg, rec R trng LF to fc ptr, sd L assuming BFLY, -;
- 6 {Thru to Fan} Trng LF to OP fwd R, trng RF 1/4 cl L joining lead hnds, sd R, - (**W** trng RF to OP fwd L, fwd R trng LF 1/2 to fc RLOD, bk L, -) end FAN/WALL W fcg RLOD;
- 7-8 {Alemana Ovrtrn to SHDW} Fwd L, rec R raising jnd lead hnds, cl L, - (**W** cl R, fwd L, fwd R trng RF 1/4 to fc ptr, -); Bk R, sd & fwd L, fwd R joining L-hnds, - (**W** XLIF twd DLC swvlg RF to fc DRW under jnd lead hnds, fwd R swvlg RF to fc COH, fwd L swvlg RF to fc WALL, -) end SHDW/WALL jnd L-hns extending sd & fwd M's R-hnd on W's R-shoulder blade W's R-hnd extended sd;

**9-16 ADV SLDG DR w/ UNDERARM TRN;; START ADV SLDG DR M TCH W SPRL & CL;
LUNGE & STORK LINE; SYNC ROLL TO SHDW M TRANS;
SHDW FENCE LINE M IN 4; OPP SPOT TRN TO TANDEM; W OUT TO FC;**

- 9-10 {Adv Sldg Dr w/ Underarm Trn} SHDW/WALL jnd L-hns extending sd & fwd M's R-hnd on W's R-shoulder blade W's R-hnd extended sd fwd L, rec R, XLIB, - (**W** bk R, rec L, XRIF, -); Raising jnd L-hnds sd R flexing knee, rec L, XIF, - (**W** swvlg RF 1/4 on R under jnd L-hnds bk L flexing knee, rec R swvlg RF to fc COH, fwd L swvlg RF to fc WALL, -) end same as starting position;
- QQ-- 11 {Start Adv Sldg Dr M Tch W Sprl & Cl} Fwd L, rec R raising jnd lead hnds, tch L to R, - (**W** bk R, rec L, XRIF sprl full trn, cl L) end Sd-BY-SD both fc WALL W on M's R-side slightly fwd L-hnds jnd IF of M;
- S-- 12 {Lunge & Stork Line} Sd L, relax L-knee trng upper body RF R-arm extended sd, -, - (**W** sd R, draw L twd R, raise L-ft to R-knee toe pointing toward floor R-arm extended up, -);
- Q&S 13 {Sync Roll to SHDW M Trans} Hold, rec R comm rolling RF twd RLOD/sd & bk L cont rolling to fc WALL, sd R, - (**W** sd L chkg, rec R comm rolling RF twd RLOD/sd & bk L cont rolling to fc WALL, sd R, -) end SHDW/WALL jnd L-hns extending sd & fwd M's R-hnd on W's R-shoulder blade W's R-hnd extended sd;
- QQQQ 14 {SHDW Fence Line M in 4} XLIF flexing knee, rec R, sd L releasing hnds, rec R (**W** XLIF, rec R, sd L, -);
- (QQS) 15 {Opp Spot Trn to TANDEM} XLIF trng RF 3/4, rec R trng 1/4, sd L, - (**W** XRIF trng LF 3/4, rec L trng 1/4, sd R, -) end TANDEM/WALL M bhd W no hnds jnd;
- 16 {W Out to Fc} M bk R, rec L, fwd R, - joining lead hnd (**W** fwd L, fwd R trng RF 1/2 to fc ptr, bk L, -) end LOP-FCG/WALL;

PART C

**1-8 OP HIP TWIST; FCG FAN W OVRTRN TO L-SHAPE HNDSHK;
PARALLEL BRKS TO FAN;; ALEMANA;; BK VINE 4; BRK BK TO 1/2-OP;**

- 1 {Op Hip Twist} LOP-FCG/WALL fwd L, rec R, cl L, - (*W bk R, rec L, fwd R swvlg RF 1/4 to fc LOD, -*);
- 2 {Fcg Fan W Ovrtrn to L-SHAPE HNDSHK} Bk R, rec L trng LF 1/4 to fc LOD, sd R joining R-hnds, - (*W fwd L, fwd R trng LF 3/4 to fc WALL, sd L, -*) end M fcg LOD W fcg WALL W on IF of M offset twd slightly COH R-hnds jnd;
- 3-4 {Parallel Brks to Fan} Fwd L, fwd R slightly XIF passing IF of W trng LF 3/4 to fc WALL, sd L, - (*W bk R, rec L trng LF 1/4, fwd R, -*) end L-SHAPE M fcg WALL W fcg LOD R-hnds jnd; Bk R, rec L joining lead hnds, sd R, - (*W fwd L, fwd R trng LF 1/2, bk L, -*) end FAN/WALL W fcg RLOD;
- 5-6 {Alemana} Fwd L, rec R raising jnd lead hnds, cl L, - (*W cl R, fwd L, fwd R trng RF 1/4 to fc ptr, -*); Bk R, rec L, sd R joining trail hnds, - (*W XLIF twd DLC swvlg RF to fc DRW under jnd lead hnds, fwd R swvlg RF to fc ptr, sd L, -*) end BFLY/WALL;
- QQQQ 7 {Bk Vine 4} XLIB, sd R, XLIF, sd R;
- 8 {Brk Bk to 1/2-OP} Trng RF 1/4 to 1/2-OP fcg LOD bk L, rec R, fwd L, - end 1/2-OP/LOD;

ENDING

**1-5 SLOW X LUNGE; REC SD CL; VINE 3;
M HOLD W SLOW INSIDE UNDERARM TRN TO LUNGE APT;;**

- Q-- 1 {Slow X Lunge} SHDW/WALL jnd L-hns extending sd & fwd M's R-hnd on W's R-shoulder blade W's R-hnd extended sd both L-ft free flex R-knee XLIF no wgt chg, shift wgt to L, extend upper body twd RLOD & up, -;
- 2 {Rec Sd Cl} Rec R on vocal "para", sd L on "toda", cl R on "vida", -;
- SQQ 3 {Vine 3} Sd L, -, XRIB, sd L;
- -- (SS S) 4-5 {M Hold W Slow Inside Underarm Trn} Hold raising jnd L-hnds, -, -, - (*W XRIF comm trng LF 1-1/2 under jnd L-hnds on 1st note of last 3 long notes, -, sip L cont trng on 2nd note, -*); Hold, joining lead hnds (*W sip R cont trng to fc ptr on last note, joining lead hnds*) end LOP-FCG/WALL;
- S {Lunge Apt} Trng RF 1/4 to LOP fc RLOD sd R w/ bent knee sweeping trail hnds CW in reverberation of last note, -;