

Life Is For Living (released Nov 2014)



Choreographers: Klaus & Marion Völkl, Rübzahlstr. 48a, 81739 München, Germany
e-mail: kundmv@t-online.de

Music: Life Is For Living by Barclay James Harvest (many sources)

Rhythm/Phase: SB PH V+0+2 Unph. (Prom Runs & Counter Prom Runs, Side Samba)

Speed: 50 BPM original music reduced by two percent-fade out after 2:18 min

Footwork: Opposite throughout, directions for M unless otherwise stated

Sequence: Intro – AB–ABC–Interlude-C(meas 1-6)–End

This Dance is dedicated to my lovely wife Marion

INTRO

- 1-8 BLFY POS – R ft free – WAIT 2 MEAS;; CONTRA BOTA FOGOS-TWICE;; CIRCULAR VOLTA W/ BOTA ENDING;; CIRCULAR VOLTA -MAN IN 2;;**
- 1-2 BFLY BJO Pos M fcg DLW – R ft free for both wt 2 meas;;
- 1á2 3-4 **{Contra Bota Fogos}** Fwd R in BJO / sd L trng to fc WALL (*W fcg COH*), rec L trng to SCAR; fwd L in SCAR / sd R trng to fc WALL (*W fcg COH*), rec L trng to BFLY BJO;
- 1á2 5-6 **{Circular Volta with Bota Ending}** Wheeling RF in BFLY BJO XRif / sd L, XRif / sd L; XRif / sd L, rec R trng to BFLY SCAR having made about half turn on the Volta;
- 1á2 7-8 **{Circular Volta-Man in 2}** Wheeling LF in BFLY SCAR XLif / sd R, XLif / sd R; 12 XLif, sd R (*W XLif / sd R, XLif L*) to fc the WALL;

Part A

- 1-6 WHISK L & R;; STATIONARY WALKS-twice;; BOTA FOGO TO SCP; BOTA FOGO TO RSCP;**
- 1á2 1-2 **{Whisk L & R}** Sd L / XRib, rec L; Sd R / XLib, rec R; (*W Sd R / XLib, rec R; Sd L / XRib, rec L;*)
- 1á2 3-4 **{Stationary Walks-twice}** Sm fwd L/push back R w/ partial wgt & draw L undr bdy, rec L; Sm fwd R/push back L w/ partial wgt & draw L undr bdy, rec R; (*W Slightly fwd R/push back L w/ partial wgt & draw L undr bdy, rec R; Slightly fwd L/push back R w/ partial wgt & draw L undr bdy, rec L;*)
- 1á2 5 **{Bota Fogo to SCP}** Blending to loose CP fcg WALL fwd L (*W bk R*) / sd R (*W sd L*) trng to SCP fc LOD, rec L (*W rec R*);
- 1á2 6 **{Bota Fogo to RSCP}** Thru R (*W thru L*) twd LOD/ sd L (*W sd R*) trng to fc WALL, cont to trn to RSCP rec R (*W rec L*);
- 7-16 BOTA FOGO TO SCP; 3 SAMBA WALKS;;TO HALF OP; PROMENADE & COUNTER PROMENADE RUNS-TWICE;;; WHISK L & R;;**
- 1á2 7 **{Bota Fogo to SCP}** Thru L (*W thru R*) twd RLOD / sd R (*W sd L*) trng to fc WALL, cont to trn to SCP rec L (*W rec R*);
- 1á2 8-10 **{3 Samba Walks}** Fwd R (*W fwd L*) / bk L (*W bk R*), pull R bk (*W bk L*); 1á2 Fwd L (*W fwd R*) / bk R (*W bk L*), pull L bk (*W bk R*); 1á2 Fwd R (*W fwd L*) / bk L (*W bk R*), pull R bk (*W bk L*) to HALF OP LOD;
- 1á2 11-12 **{Prom & Counter Runs}** Fwd & Sd L twd DLW arnd ptr trn ½ RF / stp R in pl [almost XLIB], fwd L twd LOD; (*W fwd R / bk L, pull bk R;*) Fwd R / bk L, sm pull bk R; (*W fwd & Sd L twd DLW arnd ptr trn ½ RF / stp R in pl [almost XLIB], fwd L twd LOD;*) to end in Half OP LOD
- 13-14 **{Prom & Counter Runs}** repeat meas 11-12 of Part B but to CP fcg WALL;
- 15-16 **{Whisk L & R}** repeat meas 1-2 of Part A;;

Part B

- 1-8 SPOT VOLTA;; KICK THRU.SIDE BALL CHANGE; TRAVELING VOLTAS;;
3 SHADOW BOTA FOGOS TO FC;;;**
- 1á2 1-2 **{Spot Volta}** Trng LF approx one full turn XLif / sd R, XLif / sd R;
1á2 XLif / sd R, XLif to end fcg ptr & WALL;
(W Trng RF XRif / sd L, XRif / sde L, XRif / sd L, XRif;)
[*Optional: If you like, do two full turns]
- 1á2 3 **{Kick thru,sd,ball chg}** kick R twd LOD (W L twd LOD) / sd R (W sd L), rec L
(W rec R); [That's like a kick ball change, but to the sd]
- 1á2á 4-5 **{Traveliing Volta}** XRIF / L sd & bk, XRIF / L sd & bk; XRIF / L sd & bk, XRIF;
1á2 (W XLIF / R sd & bk, XLIF / R sd & bk; XLIF / R sd & bk, XLIF;)
1á2 6-8 **{3 Shadow Bota Fogos}** Fwd L twd DLW to chg sds bhd lady /
1á2 sd & fwd R w/ partial weight trn ¼ LF, rec L; Fwd R twd DLC to chg sds bhd
1á2 lady / sd & fwd L w/ partial weight trn ¼ RF, rec R; Fwd L twd DLW to chg sds
bhd lady / sd & fwd R w/ partial weight trn ¼ LF, rec L;
(W Fwd R twd DLC to chg sds bhd lady / sd & fwd L w/ partial weight trn ¼
RF, rec R; Fwd L twd DLW to chg sds bhd lady / sd & fwd R w/ partial weight
trn ¼ LF, rec L; Fwd R twd DLC to chg sds bhd lady / sd & fwd L w/ partial
weight trn ¼ RF, rec R;)
- 9-16 SPOT VOLTA;; KICK THRU.SIDE CHANGE; TRAVELING VOLTAS;;
3 SHADOW BOTA FOGOS TO FC;;;**
- 9-16 repeat meas 1-8 in the opposite DIR;;; ;;;

Part C

- 1-8 SIDE BASIC-TWICE;; MAYPOLE WITH BOTA ENDING;; MAYPOLE;;*
WHISK L & R-MAN IN 2 to SHADOW;;**
- 1á2 1-2 **{Side Basic-twice}** Sd L / cl R to L, R stp in plc; Sd R / cl L to R, L stp in plc;
1á2 (W Sd R / cl L to R, L stp in plc; Sd L / cl R to L, R stp in plc;)
1á2a 3-4 **{Maypole w/ Bota end}** XLIF trn LF/R sd & bk cont to trn LF, XLIF trn LF /
1á2 sd & bk; Thru L twd LOD / sd R trng to fc COH, rec L;
(W Swvl RF on L & XRIF trn / L in plc, XRIF trn/ L in plc;
XRIF trn/ sd L to fc, rec R;)
Woman does a half to 5/8 RF Spot Volta undr jnd ld hnds while the man does
a Circular Volta the other DIR arnd Woman. Second meas is a Bota Fogo
ending.
- 1á2a 5-6 **{Maypole}** XRIF trn RF / L sd & bk cont to trn RF, XRIF trn RF/L sd & bk;
1á2 XRIF trn RF / L sd & bk cont to trn RF, XRIF trn RF to fc WALL;
(W Swvl LF on L & XLIF trn / R in plc, XLIF trn / R in plc;
XLIF trn / R in plc, XLIF trn end up fcg COH);
Woman does a half to 5/8 LF Spot Volta undr jnd ld hnds while the man does
a Circular Volta the other DIR arnd Woman.
- 1á2 7-8 **{Whisk L & R}** Sd L / XRib, rec L; Sd R,cl L to R trng LF to fc LOD;
1á2 (W repeat meas 1-2 of Part A trn RF to Shadow Pos fcg LOD-both R ft free;)

- 9-16 CURVING VOLTA WITH BOTA ENDING-TWICE;;;
CRUZADO WALKS WITH LOCKS – MAN IN 4;;;**
- 1á2a 9-12 {**Curving Volta w/ Bota end-twice**} Both XRIF / L sd & bk, XRIF / L sd & bk;
 1á2 curving 1/8 CW to fc DLW; Both XRIF / L sd trn RF, rec R;
 1á2a Both XLIF / R sd & bk, XLIF / R sd & bk;
 1á2 curving 1/8 CCW to fc LOD; Both XLIF / R sd trn LF, rec L;
 1á2 13-14 {**Cruzado Walks with locks**} Both fwd R, fwd L; Fwd R / lk L ibR, fwd R;
 12 15-16 {**Cruzado Walks with locks-Man in 4**} Fwd L, fwd R; fwd L, fwd R;
 (W Fwd L, fwd R; Fwd L / lk R ibL, fwd L;) to fc WALL

Interlude

- 1-8 STATIONARY WALKS-TWICE;; SHADOW BOTA FOGOS-4 TIMES TO PU;;;
PROG BOX;;**
- 1-2 {**Stationary Walks-twice**} repeat meas 3-4 of Part A;;
 3-4 {**Shadow Bota Fogo-2 times**} repeat meas 6-7 of Part B;;;
 5-6 repeat meas 3-4 of Interlude but W trn after 3rd stp ½ LF to PU;;
 1á2 7-8 {**Prog Box**} Fwd L / sd R, cl L to R; Fwd R / sd L, cl R to L;
 1á2 (W Bwd R / sd L, cl R to L; Bwd L / sd R, cl L to R;)

- 9-15 ONE REVERSE TURN; PLAIT;;; ONE REVERSE TURN w/ CROSS; SIDE,CLOSE;**
- 1á2 9 {**One Reverse Turn**} Fwd L comm LF turn / side R trng to fc RLOD, XLif;
 (W bk R comm LF turn / side L, cl R;)
 10-13 {**Plait in Lose CP**} Bk R, bk L; bk R/bk L, bk R; Bk L, bk R; Bk L/bk R, bk L;
 12 (W swl on R 1/8 LF fwd L, swvl on L ¼ RF fwd R;)
 1&2 swl on R ¼ LF fwd L / swvl on L ¼ RF fwd R, swl on R ¼ LF fwd L;
 12 swl on L ¼ RF fwd R, swvl on R ¼ LF fwd L;
 1&2 swl on L ¼ RF fwd RL / swvl on R ¼ LF fwd L, swl on L ¼ LF fwd L;
 1á2 14 {**One Reverse Turn**} Bk R comm LF turn / side L, XRif;)
 (W fwd L comm LF turn / side R trng to fc RLOD, XLif;)
 12 15 {**Side Close**} Sd L (W R), cl R to L (W L to R) in Bfly fcg WALL;

End

- 1-6 SIDE BASIC-TWICE;; BOTA FOGO TO SCP;
BOTA FOGO TO BJO-M KICK/BALL CHANGE;**
- 1-2 {**Side Basic**} repeat meas 1-2 of Part C;;
 3 {**Bota Fogo to SCP**} repeat meas 5;
 1á2 4 {**Bota Fogo to BJO-M Kick/Ball change**} Kick fwd R / stp in pl R, stp in pl L;
 (W repeat meas 6 of Past A)

- 7-13 CIRCULAR VOLTA W/ BOTA ENDING;; CIRCULAR VOLTA-MAN IN 2;;
SIDE BASIC; SIDE,TAP;**
- 7-10 repeat meas 5-8 of Introduction;;;;
 11 {**Side Basic**} repeat meas 1 of Part C;
 12 {**Side Tap**} sd R (W sd L), tap with ld ft bhd trl ft with a sway change-
 look twd RLOD.

Life Is For Living

Choreographers: Klaus & Marion Völkl
Promenade & Counter Promenade Runs)

SB PH V+0+2 (Side Basic,

Music: Life is For Living by Barcley James Harves fade out after 2min 18sec

Sequence: Intro-AB-ABC-Inter-C*-End

- Intro:** Bfly Bjo Pos both R ft free - M fcg DLW wait;;
2 Contra Bota Fogos;; Circular Volta with Bota ending;; Circular
Volta-Man in 2;;
- Part A:** Whisk L & R;; Stationary Walks-twice;;
Boto Fogo to SCP; to Rev; to SCP; 3 Samba Walks;; to Half Open;
Promenade & Counter Promenade Runs-twice;;; Whisk L & R;;
- Part B:** Spot Volta;; Kick thru, sd ball Change; Traveling Voltas;;
3 Shadow Fogos;; to fc; Spot Volta;; Kick thru, sd ball Change;
Traveling Voltas;; 3 Shadow Fogos;; to fc;
- Part C:** Side Basic-twice;; Maypole with Bota ending;; Maypole;; *
Whisk L & R -M in 2 to Shadow ;; Circular Voltas with Bota ending-
twice;;;
Cruzado Walks with locks-twice - Man in 4;;;;
- Inter:** Stationary Walks-twice;; Shadow Bota Fogo-4 times;;;to PU;
Progressive Box;; One Reverse Turn;
Plait;;; One Reverse Turn w/ cross; sd,cl;
- End:** Side Basic-twice;; Bota Fogo to SCP;
Bota Fogo to Bfly-Bjo-Man Kick/Ball Change;
Circular Volta with Bota Ending;; Circular Volta-Man in 2;;
Side Basic; Side & Tap behind twd RLOD and look twd RLOD;