

IL MEGLIO DELLA VITA

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MUSIC: Il Meglio Della Vita, instrumental **ARTIST:** Gianfranco Perroni
SOURCE: Casa Musica slowed 5% **TIME:** 3:14 as downloaded
RHYTHM/PHASE: Waltz, phase V + 1 (Same Foot Lunge)
FOOTWORK: Opposite unless indicated (W's footwork in parentheses)
SEQUENCE: **INTRO A B A B A END** Version 2.0

INTRO

1-4 OP FCG DRW WAIT;; STP TOG TCH CP; BOX FIN DLW;

3 Op fcg pos, DRW, wait;; fwd L to CP, tch R, -;
4 {BOX FIN} Bk R comm LF trn, sd L cont LF trn, cl R DLW;

5-6 CHNG OF DIR; DBL REV SPN LOD;

5 12- {CHNG OF DIR}Fwd L, fwd R DLW R shldr ldg trng LF stg to draw L to R, cont drawing L to R DLC;
6 12- {DBL REV SPN}Fwd L comm LF trn, sd R [3/8 LF trn btwn stps1 and 2], spn up to 1/2 LF btwn stps 2 and 3 on
(12&3) ball of R bringing L ft undr bdy bsd R no wgt flexed knees to fc LOD, -(Bk R comm to trn LF, L ft cls
to R heel trng 1/2 LF btwn stps 1 and 2/sd and slightly bk R cont LF trn, XLif of R);

PART A

1-4 VIEN TRNS;; TRN L & R CHASSE TO BJO; OUTSD CHG TO BJO DLW;

1-2 {VIEN TRNS}Fwd L comm LF trn, sd R cont LF trn, XLif of R (Bk R comm LF trn, sd L cont LF trn, cl R to L); bk R cont
LF trn, sd L cont LF trn, clse R to L (fwd L cont LF trn, sd R cont LF trn, XLif of R);
3 12&3{TRN L & R CHASSE, BJO}Fwd L comm LF upper bdy trn, sd R cont trn/cls L, sd R comp trn to BJO;
4 {OUTSD CHG BJO} Bk L, bk R trng LF, sd and fwdL w/L sd ldg to BJO DLW;

5-8 OP NAT TRN; OUTSD SPN; R TRNG LK; SLO SD LK DLC;

5 {OPN NAT TRN}Fwd R comm RF upper bdy trn, sd L acrs LOD, cont slight RF upper bdy trn to ld ptr to stp outsd bk R w/
R sd ldg to BJO (Thru L, fwd R to CP, fwd L w/contra bdy mvt);
6 {OUTSD SPN} In BJO prepg to ld W outsd ptr comm RF bdy trn toeing in w/R sd ld bk L in CBMP sm stp 3/8 trn to R on
stp 1, fwd R in CBMP heel to toe cont to trn RF, [3/8 RF trn btwn stps 2 and 3] sd and bk L to end in CP 1/4 RF trn on 3 to fc
RLOD(Comm RF bdy trn w/L sd ld staying well in the M's R arm R ft fwd in CBMP outsd ptr heel toe, L ft cls to R ft on
toes of bth feet 5/8 trn btwn stps 1 and 2, cont to trn RF 1/4 btwn stps 2 and 3 fwd R btwn M's feet to end in CP 1/8 RF trn on
stp 3);
7 1&23 {R TRNG LK}Bk R bkg LOD w/R sd ld comm to trn RF/XLif of R to fc COH, w/slight L sd stretch cont to trn upper bdy RF
sd and fwd R btwn W's feet cont to trn RF, fwd L to SCP (Fwd L w/L sd ld comm to trn RF/XRib of L, w/slight R sd stretch
fwd and sd L staying well into the M's R arm cont to trn RF, fwd R to SCP);
8 {SLO SD LK}Thru R, sd and fwd L to CP, XRib of L trng slightly LF to DLC(thru L stg LF trn, sd and bk R cont LF trn to
CP, XLif of R);

9-12 MINI TELESPN DRC;; **BK TURNING WHISK DLW; OP NAT TRN;

9 123 {MINI TELESPN}Fwd L comm to trn LF, sd R trng 3/8 LF btwn stps 1 and 2, bck and sd L no wgt light
pressure insd edge of toe keeping L sd in to W/trn bdy LF no wgt to ld W to CP comm spn LF (Bk R comm to trn LF, L ft cls
to R heel trng 1/2 LF btwn stps 1 and 2, fwd R keeping R sd in to M/fwd L trng LF twd ptr hd to the R);
10 &123 Fwd L cont spn LF on L to fc DRC drawing R to L undr bdy, cl R flexing knees, - (fwd R to CP hd to the L spng LF drawing
L to R undr bdy, cl L flexing knees, -);
11 123 {BK TRNG WHISK} Bk L comm RF trn w/slight R sd stretch, cont RF upper bdy trn w/R sd stretch fwd R between W's
feet, cont RF upper bdy trn XLib of R to tight SCP LOD(Fwd R comm RF trn w/slight L sd stretch, staying well in M's R
arm sd L cont RF upper bdy trn w/L sd stretch, XRib of L in tight SCP);

12 {OPN NAT TRN} Fwd R comm RF upper bdy trn, sd L acrs LOD, cont slight RF upper bdy trn to ld ptr to stp outsd bk R w/R sd ldg to BJO (Comm RF upper bdy trn bk L, sd R acrs LOD, fwd L outsd ptr w/L sd ldg to BJO);

13-14 BK PREP FOR SAME FT LUN;;

13 12- {STP BK & PREP} Bk L comm RF trn twd DLC in CP, xtnd R ft to sd no wgt, - (Fwd R trng RF, cont RF trn to fc DRW in SCP cl L, -);

14 1-- {SAME FT LUN} Sd and slightly fwd R looking R [w/R sd stretch], -, -(Bk R well undr bdy trng bdy LF and looking well to L, -, -);

15-16 TELESFN ENDG TO SCP DLW; THRU CHASSE TO SCP;

15 123 {TELESFN ENDG TO SCP} taking full wgt on L spn LF [no sway], sd R cont LF trn [no sway], cont LF trn sd (1&23) and fwd L to SCP DLW [w/R sd stretch] (fwd L/fwd R comm LF toe spn, cont toe spn cl L, sd & fwd R to SCP [w/L sd stretch]);

16 12&3 {THRU CHASSE TO SCP} Thru R comm trn to fc, sd L/cl R, sd L to SCP;

PART B

1-4 NAT HVR X; SYNC ENDG; DBL REV SPN DLW; CONTRA CK;

1 {NAT HVR X} Fwd R DLW comm to trn RF, sd L w/L sd stretch [1/4 RF trn btwn stps 1 and 2], cont RF trn sd R SCAR [1/2 RF trn btwn stps 2 and 3 bdy trns less fcg DLC] (Bk L comm to trn RF, R ft cls to L heel trn w/R sd stretch trng RF 3/8 btwn stps 1 and 2, cont RF trn sd L [3/8 RF trn btwn stps 2 and 3] to SCAR);

2 1&23 {SYNC ENDG} w/R sd stretch fwd L acrs R on toe/rec R, w/L sd ld sd and fwd L, w/L sd stretch fwd R in BJO (w/L sd stretch bk R acrs L on toe/rec L, cl R to L, bk L in BJO);

3 12- {DBL REV SPN} Fwd L comm LF trn, sd R [3/8 LF trn btwn stps 1 and 2], spn up to 1/2 LF btwn stps 2 and 3 on (12&3) ball of R bringing L ft undr bdy bsd R no wgt flexed knees to fc LOD, -(Bk R comm to trn LF, L ft cls to R heel trng 1/2 LF btwn stps 1 and 2/sd and slightly bk R cont LF trn, XLif of R);

4 1-- {CONTRA CK} Comm LF upper bdy trn flexing knees w/strong R sd ld ck fwd L in CBMP, -, -(Comm LF upper bdy trn flexing knees w/strong L sd ld bk R in CBMP looking well to L, -, -);

5-7 HVR CORTE DRC; OUTSD SPN; L TRNG LK;

5 {HVR CORTE} Rec R stg LF trn, sd and fwd L w/hvrg action contg bdy trn, rec R w/R sd ldg to BJO fcg DRC;

6 {OUTSD SPN} In BJO prepg to ld W outsd ptr comm RF bdy trn toeing in w/R sd ld bk L in CBMP sm stp 3/8 trn to R on stp 1, fwd R in CBMP heel to toe cont to trn RF, [3/8 RF trn btwn stps 2 and 3] sd and bk L to end in CP 1/4 RF trn on 3 to fc RLOD (Comm RF bdy trn w/L sd ld staying well in the M's R arm R ft fwd in CBMP outsd ptr heel toe, L ft cls to R ft on toes of bth feet 5/8 trn btwn stps 1 and 2, cont to trn RF 1/4 btwn stps 2 and 3 fwd R btwn M's feet to end in CP 1/8 RF trn on stp 3);

7 1&23 {L TRNG LK} Bk R w/R sd ld and R sd stretch/XLif of R, bk and slightly sd R stg to trn LF, sd and slightly fwd L to BJO DLW making 1/4 LF trn btwn stps 3 and 4 as bdy trns less (Fwd L w/L sd ld and L sd stretch/XRib of L, fwd and slightly sd L stg to trn LF, sd and slightly bck R to BJO making 1/4 LF trn btwn stps 3 and 4 as bdy trns less);

8-10 FWD DEVELOPE; BK HVR SCP; FTNR DLC;

8 1--(123) {FWD DEVELOPE} Fwd R outsd ptr ckg, -, - (Bk L, bring R ft up L leg to insd of L knee, xtnd R ft fwd);

9 {BK HVR SCP} Bk L, sd and bk R w/a slight rise, rec L SCP (fwd R, fwd and sd L to CP w/slight rise, rec R SCP);

10 {FTNR} Thru and fwd R, fwd L, fwd R outsd ptr to BJO fcg DLC (Thru L, fwd and sd R trng LF, bk L to BJO);

11-16 DIAM TRN;;;; CHG OF DIR; DBL REV SPN LOD;

11-14 {DIAMOND TRNS} Fwd L trng LF on the diag, cont LF trn sd R, bk L w/ptr outsd the M in BJO; staying in BJO and trng LF bk R, sd L, fwd R outsd ptr in BJO; Rpt meas 11 & 12, part B to BJO to fc DLC;;

15 12- {CHG OF DIR} Fwd L, fwd R DLW R shldr ldg trng LF stg to draw L to R, cont drawing L to R DLC;

16 12- {DBL REV SPN} Fwd L comm LF trn, sd R [3/8 LF trn btwn stps 1 and 2], spn up to 1/2 LF btwn stps 2 and 3 on (12&3) ball of R bringing L ft undr bdy bsd R no wgt flexed knees to fc LOD, -(Bk R comm to trn LF, L ft cls to R heel trng 1/2 LF btwn stps 1 and 2/sd and slightly bk R cont LF trn, XLif of R);

REPEAT A

REPEAT B

REPEAT A

ENDING**1-3 NAT PREP SAME FT LUN;; TELESPN ENDG SCP DLW;**

- 1 123 {NAT PREP}Fwd R, comm RF trn sd and bk L trng twd DLC, xtnd R ft to sd no wgt (Fwd L, fwd R comm RF trn to fc DRW in SCP, cl L);
- 2 {SAME FT LUN}Sd and slightly fwd R looking R [w/R sd stretch], -, -(Bk R well undr bdy trng bdy LF and looking well to L, -, -);
- 3 {TELESPN ENDG SCP}Taking full wgt on L spn LF [no sway], sd R cont LF trn [no sway], cont LF trn sd (1&23) and fwd L to SCP DLW [w/R sd stretch] (fwd L/fwd R comm LF toe spn, cont toe spn cl L, sd & fwd R to SCP [w/L sd stretch]);

4-5 THRU TO PROM SWAY; CHG SWAY;

- 4 12- {THRU TO PROM SWAY}Fwd R, sd and fwd L trng to SCP and stretching L sd of bdy slightly upward to look ovr jnd ld hnds, relax L knee;
- 5 --- {GHG SWAY}Chg stretch of bdy and hd pos and hold;

NOTE** CONTRA CHK & SWITCH may be substituted for BK TRNG WHISK

- 11 {CONTRA CHK AND SWTCH} Comm LF upper bdy trn flexing knees w/strong R sd ld ck fwd L in CBMP, rec R comm strong RF trn leaving L ft almost in plc, cont strong RF trn bk L soft knees thruout w/up to 5/8 RF trn (Comm upper bdy trn to the L flexing knees w/strong L sd ld bk R in CBMP looking well to the L, rec L comm RF trn leaving R ft almost in plc, cont RF trn fwd R btwn M's feet w/soft knees thruout w/up to 5/8 RF trn);