

That's Life

Choreographer: Chuck & Sandi Weiss, 2550 S Ellsworth Rd, Mesa, AZ 85209 (602) 295-1672

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CD: Skiffle Music, Track 3 Artist: Clint Barrett

Availability: Contact Choreographer

Rhythm: West Coast Swing RAL Phase V + 0 + 1 [Slingshot Throwout]

Difficulty Level - Average

Footwork: Opposite unless noted (Woman's Footwork in parentheses)

Timing: Standard RAL West Coast Swing unless noted.

Time @ 45 RPM: 3:14

Sequence: Intro-A-B-C-Int-C-A-End

Released: April 1, 2020

Meas

INTRODUCTION

1 - - 4 L POS WAIT LEAD NOTES, SLINGSHOT THROWOUT;; LFT SD PASS;; CHICKEN WKS 4Q

1 - 3 [Slingshot Throwout] Lunge sd L LOD ldg W to rk bk, rec R, sd L/cl R, sd & fwd L trng LF to fc LOD ldg W to fold in frnt, R/L, R, (Rk bk R, rec L, fwd R trng LF/XLif, bk R to fc M, L, R, L,)

[Lft Sd Pass] Bk L commence LF trn, small bk R out of the slot complete 1/4 lft trn leading W to pass M's lft sd, sd L/cl R, fwd L trng 1/4 LF; Bk R/slightly fwd L, slightly bk R (Fwd R, fwd L commence LF trn, sd R continue trn/XLIF continue trn, bk R completing 1/2 LF trn to fc ptr; small bk L/rec slightly fwd R, slightly bk L,);

1,2,3,4; 4 [Chicken Wks 4Q] Bk L, bk R, bk L, bk R;

5 - - 8 TUCK & SPIN;; UNDERARM TRN;; CHICKEN WKS 4Q;

5 - 7 [Tuck & Spin] Bk L, bk R, tch L, fwd L leading W to spin RF; Bk R/slightly fwd L, slightly bk R (Fwd R, fwd L, tch R, trng RF fwd R trng 1/2 RF; small bk L/rec slightly fwd R, slightly bk L,);

[Underarm Trn] Bk L raising ld hnds leading W to pass on rt sd, XRIF starting RF trn; sd L/cl R, sd & fwd L completing RF trn, Bk R/slightly fwd L, slightly bk R (Fwd R, fwd L trng LF; sd R cont trn/XLIF, bk R completing 1/2 LF trn, small bk L/rec slightly fwd R, slightly bk L,);

1,2,3,4; 8 [Chicken Wks 4Q] Bk L, bk R, bk L, bk R;

PART A

1 - - 5 WRAPPED WHIP;; LFT SD PASS;; SUGAR PUSH;;

1 - 2 [Wrapped Whip] Bk L joining trl hnds, XRif of L trng RF to W's R sd raising jnd L hnds and leaving jnd R hnds low, sd L LOD/rec R trng RF, sd & fwd L to W's L sd; Releasing M's R & W's L hnds and keeping ld hnds joined XRif trng RF, fwd L cont RF to fc ptr, R/L, R (Fwd R, fwd L, fwd R/cl L, bk R to wrapped pos RLOD slightly to R of M; Bk L, bk R, L/R, L ld hnds joined);

3 - - 5 [Lft Sd Pass] Bk L commence LF trn, small bk R out of the slot complete 1/4 lft trn leading W to pass M's lft sd; sd L/cl R, fwd L trng 1/4 LF, Bk R/slightly fwd L, slightly bk R (Fwd R, fwd L commence LF trn; sd R continue trn/XLIF continue trn, bk R completing 1/2 LF trn to fc ptr, small bk L/rec slightly fwd R, slightly bk L,);

[Sugar Push] Bk L, bk R; Tap L, fwd L, Bk R/slightly fwd L, slightly bk R (fwd R, fwd L; Tap R in bk, bk R, small bk L/rec slightly fwd R, slightly bk L,);

6 - - 8 KICK BALL CHG 2X; SLOW SD BRKS; QK SD BRKS;

1a23a4; 6 [Kick Ball Chg 2X] Kick L fwd/cl L on ball of ft, sip R (Kick R fwd/cl R, sip L), Kick L fwd/cl L on ball of ft, sip R (Kick R fwd/cl R, sip L,);

a1-a3; 7 [Slow Sd Brks] Stp sd L/sd R, -, cl L/cl R, -;

a;1a2a3a4; 8 [Qk Sd Brks] Stp sd L/sd R, cl L/cl R, stp sd L/sd R, cl L/cl R;

PART B

1 - - 4 TUMMY WHIP W/SWEETHEARTS;;;

1 - 4 [Tummy Whip w/Sweethearts] Bk L rel joined hnds, fwd R trng RF 1/4 catch W's R hip as she stps past, sd L cont RF trn/cl R to fc RLOD, sd & fwd L (W fwd R, fwd L, fwd R/cl L, bk R); Fwd R M's R hnd on W's R hip looking at ptr, rec L, sd R/cl L, sd R (W bk L, rec R, sd L/cl R, sd L); Fwd L M's L hnd on W's L hip looking at ptr, rec R, sd L/cl R, sd L (bk R, rec L, sd R/cl L, sd R); XRIB trng 1/2 RF, fwd L to LOP fcg LOD, Bk R/slightly fwd L, slightly bk R (W bk L, bk R, L/R,L,);

5 - - 8 M'S UNDERARM TRN;; UNDERARM TRN BFLY WALL;; PROG RK 4;

5 - 7 [M's Underarm Trn] Bk L, fwd & sd R twd W's lft sd raising joined ld hnds comm RF trn, sd L cont trn/bk & sd R completing 1/2 RF trn, fwd L; Bk R/slightly fwd L, slightly bk R (Fwd R, fwd L commence LF trn, sd R cont trn/XLIF cont trn, bk R completing 1/2 LF trn to fc ptr; small bk L/rec slightly fwd R, slightly bk L,);

[Underarm Trn] Bk L raising ld hnds leading W to pass on rt sd, XRIF starting RF trn; sd L/cl R, sd & fwd L completing RF trn, Bk R/slightly fwd L, slightly bk R (Fwd R, fwd L trng LF; sd R cont trn/XLIF, bk R completing 1/2 LF trn, small bk L/rec slightly fwd R, slightly bk L,);

1,2,3,4; 8 [Prog Rk] Sd L, XRIF, sd L, XRIF;

PART C**1 - - 4 VINE 8;; THROWOUT; KICK BALL CHG 2X;**

- 1 - 2 [Vine 8] Sd L, XRIB, sd L, XRIF; Sd L, XRIB, sd L, XRIF;
- 1a23a4; 3 [Throwout] Chasse sd & fwd L/R, L to end LOP fcg/LOD, R/L, R (W sd R trng LF/cl L, bk R to fc ptr, L/R, L);
- 1a23a4; 4 [Kick Ball Chg 2X] Kick L fwd/cl L on ball of ft, sip R (Kick R fwd/cl R, sip L), Kick L fwd/cl L on ball of ft, sip R (Kick R fwd/cl R, sip L);
- 5 - - 8 SUGAR PUSH W/ROCK;; LFT SD PASS W/TUCK & SPIN;; BK WK 2;
- 5 - 6 [Sugar Push w/Rock] Bk L, sm bk R, tch L, rk fwd L; Rk bk R, fwd L, bk R/slightly fwd L, slightly bk R LOD (Fwd R, fwd L, tap R in bk, rk bk R; Rk fwd L, bk R, small bk L/rec slightly fwd R, slightly bk L);
- 7 - 8 [Lft Sd Pass w/Tuck & Spin] Bk L comm 1/4 LF trn, sm bk R out of slot completing trn, tap L to R, sm fwd L leading W to trn RF; Bk R/slightly fwd L, slightly bk R to fc LOD (Fwd R, fwd L trng L fc, tch R to L, fwd R trng RF ½ to LOP; small bk L/rec slightly fwd R, slightly bk L,);
- 1,2, [Bk Wk 2] Bk L, bk R (fwd R, fwd L);

INT**1 - 4 UNDERARM TRN TO TRIPLE TRAVEL & ROLL;;;;**

- 1 - 4 [Underarm Trn to Triple Travel & Roll] Bk L comm RF trn, fwd R, sd L/cl R, fwd L to fc WALL joining R hnds palm to palm; Sd chasse R/L, sd & fwd R starting RF trn, pushing lightly w/ R hnds fwd L, fwd R rolling RF 1½ to fc COH joining L hnds palm to palm; Sd chasse L/R, sd L & fwd trng ½ LF chg to R hnds palm to palm, sd chasse R/L, sd & fwd R trng ½ RF chg to L hnds palm to palm; Sd chasse L/R, sd & fwd L pushing lightly w/ L hnds, fwd R, fwd L completing a LF roll 1 1/4 joining ld hnds to fc RLOD & ptr (Fwd R, L, R/XLif, bk R twd RLOD passing M und jnd hnds trng LF ¾ on last stp to fc COH; Sd chasse L/R, sd & bk L trng RF, roll R, L to L palms fcg Wall; Sd chasse R/L, bk R trng ½ LF to R palms, sd chasse L/R, bk L trng RF to L palms; Sd chasse R/L, bk R comm LF roll, Fwd L, bk R to fc M joining ld hnds);
- 5 - 8 ANCHOR & SUGAR PUSH;; WHIP TRN;;
- 5 - 6 Anchor R/L, R, [Sugar Push] bk L, bk R; Tap L, fwd L, R/L, R (fwd R, fwd L; Tap R in bk, bk R, L/R, L);
- 7 - 8 [Whip Trn] Bk L, XRIF moving to W's R sd trng ¼ RF to loose CP, sd L trng ¼ RF/fwd R, sd & fwd L to CP RLOD; XRIB trng RF, sd & fwd L to LOP LOD, R/L, R (Fwd R, fwd L trng ½ LF, bk R/cl L, fwd R; Trng RF bk L, bk R, L/R, L);
- 9 - 12 LFT SD PASS TO HND SHK;; UNDERARM TRN TO TANDEM;; KICK BALL CHG 2X;
- 9 - 11 [Lft Sd Pass] Bk L commence LF trn, small bk R out of the slot complete 1/4 lft trn leading W to pass M's lft sd, sd L/cl R, fwd L trng 1/4 LF; Bk R/slightly fwd L, slightly bk R (Fwd R, fwd L commence LF trn, sd R continue trn/XLIF continue trn, bk R completing 1/2 LF trn to fc ptr; small bk L/rec slightly fwd R, slightly bk L,); join rt hnds {retain rt hnd hold through Rt Sd Pass},
- [Underarm Trn to Tandem] Bk L raising rt hnds leading W to pass on rt sd, XRIF, sd L/cl R, sd L; Bk R/slightly fwd L, slightly bk R (Fwd R, fwd L trng LF, sd R cont trn/XLIF, bk R completing ½ LF trn; small bk L/rec slightly fwd R, slightly bk L,);
- 1a23a4; 12 [Kick Ball Chg 2X] Kick L fwd/cl L on ball of ft, sip R (Kick R fwd/cl R, sip L), Kick L fwd/cl L on ball of ft, sip R (Kick R fwd/cl R, sip L);
- 13 - 16 SLOW SD BRKS; RT SD PASS;; M'S UNDERARM TRN;;
- a1-a3; 13 [Slow Sd Brks] Stp sd L/sd R, -, cl L/cl R, - join rt hnds;
- 14 - 16 [Rt Sd Pass from Tandem] Fwd L, small XRIB leading W to pass, fwd L join ld hnds /cl R, fwd L; Bk R/slightly fwd L, slightly bk R (Fwd R, fwd L commence LF trn, sd R continue trn/XLIF continue trn, bk R completing ½ LF to fc ptr; Small bk L/rec slightly fwd R, slightly bk L,);
- [M's Underarm Trn] Bk L, fwd & sd R twd W's lft sd raising joined ld hnds comm RF trn; sd L cont trn/bk & sd R completing ½ RF trn, fwd L, Bk R/slightly fwd L, slightly bk R (Fwd R, fwd L commence LF trn; sd R cont trn/XLIF cont trn, bk R completing ½ LF trn to fc ptr, small bk L/rec slightly fwd R, slightly bk L);
- 17 - 20 CHICKEN WKS 2 S 4 Q;; TUMMY WHIP;;
- 17 - 18 [Chicken Wks 2S] Bk L, -, bk R, -; [Chicken Wks 4Q] Bk L, bk R, bk L, bk R;
- 19 - 20 [Tummy Whip] Bk L rel joined hnds, fwd R trng RF 1/4 catch W's R hip as she stps past, sd L cont RF trn/cl R to fc RLOD, sd & fwd L (W fwd R, fwd L, fwd R/cl L, bk R); XRIB trng 1/2 RF, fwd L to LOP fcg LOD, Bk R/slightly fwd L, slightly bk R (W bk L, bk R, L/R,L);

21 – 24 TUCK & SPIN;; UNDERARM TRN BFLY WALL;; PROG RK 4;

- 21 – 23 **[Tuck & Spin]** Bk L, bk R, tch L, fwd L leading W to spin RF; Bk R/slightly fwd L, slightly bk R (Fwd R, fwd L, tch R, trng RF fwd R trng ½ RF; small bk L/rec slightly fwd R, slightly bk L),
[Underarm Trn to BFLY Wall] Bk L raising ld hnds leading W to pass on rt sd, XRIF starting RF trn, sd L/cl R, sd & fwd L completing RF trn to Fc Wall; SIP R/L, R (Fwd R, fwd L trng LF, sd R cont trn/XLIF, bk R completing ¼ LF trn to fc ptr & COH; SIP small bk L/rec slightly fwd R, slightly bk L),

1,2,3,4; 24 **[Prog Rk]** Sd L, XRIF, sd L, XRIF;

REPEAT PART C**REPEAT PART A****END****1 – 4 UNDERARM TRN TO TRIPLE TRAVEL & ROLL;;;**

- 1 – 4 **[Underarm Trn to Triple Travel & Roll]** Bk L comm RF trn, fwd R, sd L/cl R, fwd L to fc WALL joining R hnds palm to palm; Sd chasse R/L, sd & fwd R starting RF trn, pushing lightly w/ R hnds fwd L, fwd R rolling RF 1½ to fc COH joining L hnds palm to palm; Sd chasse L/R, sd L & fwd trng ½ LF chg to R hnds palm to palm, sd chasse R/L, sd & fwd R trng ½ RF chg to L hnds palm to palm; Sd chasse L/R, sd & fwd L pushing lightly w/ L hnds, fwd R, fwd L completing a LF roll 1 1/4 joining ld hnds to fc RLOD & ptr (Fwd R, L, R/XLIF, bk R twd RLOD passing M und jnd hnds trng LF ¾ on last stp to fc COH; Sd chasse L/R, sd & bk L trng RF, roll R, L to L palms fcg Wall; Sd chasse R/L, bk R trng ½ LF to R palms, sd chasse L/R, bk L trng RF to L palms; Sd chasse R/L, bk R comm LF roll, Fwd L, bk R to fc M joining ld hnds); Bk R/slightly fwd L, slightly bk R,

5 – 8 ANCHOR & SUGAR PUSH;; CHEEK TO CHEEK;; SWIVEL IN TO BK TO BK W/JAZZ HNDS;

- 5 – 6 Anchor R/L, R, **[Sugar Push]** Bk L, bk R; Tap L, fwd L, Bk R/slightly fwd L, slightly bk R (fwd R, fwd L; Tap R in bk, bk R, small bk L/rec slightly fwd R, slightly bk L);

- 7 – 8 **[Cheek to Cheek]** **[Cheek to Cheek]** Bk L, fwd R com trn to R (W also step fwd), lift knee up & tch M's L hip to W's R hip, fwd L trng LF to face ptr; Bk R/slightly fwd L, slightly bk R,

1,,; **[Swivel In]** Softening both knees stp sd L rising & trng to V bk to bk R ft ptd DRW, (Softening both knees stp sd R rising & trng to V bk to bk R ft ptd DLW,) jazz hnds;

Quick Cues**That's Life****(Phase V + 0 + 1 -West Coast)****(Slingshot Throwout)****(Weiss)**

**Intro L Position Wait Ld Notes; Slingshot Throwout;
Lft Sd Pass;; Chicken Wk 4 Q;
Tuck & Spin;; Underarm Trn;; Chicken Wks 4 Q Low BFLY/LOD;**

**A Wrapped Whip;; Lft Sd Pass,, Sugar Push;;
Kick Ball Chg 2X; Slow Sd Brks; Qk Sd Brks;**

**B Tummy Whip w/Sweethearts;;;;
M's Underarm Trn;; Underarm Trn to BFLY Wall;; Prog Rk 4;**

**C Vine 8;; Throwout; Kick Ball Chg 2X;
Sugar Push w/Rk;; Lft Sd Pass w/Tuck & Spin,, Bk 2;**

**Int Underarm Trn To; Triple Travel w/Roll;;;,
Sugar Push;; Whip Trn;; Lft Sd Pass to Hndshk,,
Underarm Trn to Tandem Join Rt Hnds (M Does not trn);;
Kick Ball Chg 2X; Slow Sd Brks; Rt Sd Pass,, M's Underarm Trn;;
Chicken Wks 2S 4Q;; Tummy Whip;;
Tuck & Spin; Underarm Trn to BFLY Wall;; Prog Rk 4;**

**C Vine 8;; Throwout; Kick Ball Chg 2X;
Sugar Push w/Rk;; Lft Sd Pass w/Tuck & Spin,, Bk 2;**

**A Wrapped Whip;; Lft Sd Pass,, Sugar Push;;
Kick Ball Chg 2X; Slow Sd Brks; Qk Sd Brks;**

**End Underarm Trn To; Triple Travel w/Roll;;;,
Sugar Push;; Cheek to Cheek,, Swivel In & Hold w/Jazz Hnds;**