

# A LONG AND LASTING LOVE IV

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**MUSIC:** "A Long and Lasting Love", Jennylyn Mercado, *Love Is?*, [music link at end of cue sheet] Available as download from Amazon (slow 13-14%, or as desired)

**RHYTHM:** Slow Two Step

**PHASE:** PH IV+2 (the square & tunnel exit)  
Average Difficulty (intro to PH IV STS)

**FOOTWORK:** Opposite, unless otherwise noted (W's footwork in parentheses)

**SEQUENCE:** INTRO A B A B A (1-11) ENDING

## INTRODUCTION

**1-8** CUDDLE POSITION WALL WAIT;; TWISTY BASICS;; LUNGE BASICS;; SOLO TURN 6;;

- 1-2 *{wait}* Cuddle position WALL wait 2 meas;;  
3-4 *{twisty basics}* Blending to BFLY sd L, -, XRIB, rec L; Sd R, -, XLIB, rec R; (Sd R, -, XLIF, rec R; Sd L, -, XRIF, rec L);  
5-6 *{lunge basics}* Blending BFLY sd L, -, rec R, XLIF (XRIF); Sd R, -, rec L, XRIF (XLIF);  
7-8 *{solo trn 6}* Fwd L trng slightly LF, -, sd R cont trng to fc RLOD, cl L (Fwd R trng slightly RF, -, sd L cont trng to fc RLOD, cl R); Bk R cont trng LF, -, sd L, cl R to loose CP WALL (Bk L, -, sd R trng RF, cl L to loose CP);

**9-11** UNDERARM TURN; REVERSE UNDERARM TURN TO CP; SWAY L & R;

- 9 *{underarm trn}* Sd L, -, XRIFB leading W to trn RF, rec L (Sd R, -, XLIF trng ½ RF, rec R to fc ptr);  
10 *{rev underarm trn to CP}* Sd R, -, thru L ldg W to trn LF, rec R (Sd L, -, thru R trng LF, rec L to CP);  
11 *{sway L & R}* Sd L w/ L sd stretch, -, sd R w/ R sd stretch, -;

## PART A

**1-4** BASIC PICKING UP;; LEFT TURN INSIDE ROLL; BASIC ENDING;

- 1-2 *{basic}* Sd L blending to CP, -, XRIB, rec L; Sd R, -, XLIB, rec R folding lady IF (Sd R, -, XLIB, rec R; Sd L, -, XRIB, rec L folding IF of M);  
3 *{L trn inside roll}* In CP Fwd L trn LF, -, sd R, XLIF to BFLY COH (Bk R trng LF, -, sd L, XRIF to BFLY);  
4 *{basic ending}* Sd R, -, XLIB, rec R (Sd L, -, XRIB, rec L);

**5-9** UNDERARM TURN; OPEN BASIC; TO RLOD MAN SWITCH ACROSS; BFLY LUNGE BASIC; SWAY L & R;

- 5 *{underarm trn}* Sd L, -, XRIB leading W to trn RF, rec L (Sd R, -, XLIF trng ½ RF, rec R to loose CP);  
6 *{open basic}* Sd R, -, trng to ½ OP brk bk L, rec R preparing to fold across lady;  
7 *{To RLOD M switch across}* Fwd & sd L crossing IF of W & trng to L, -, sd & fwd R to L ½ OP, fwd L toeing twd ptr (Fwd R betw M's feet, -, fwd L, fwd R to BFLY);  
8 *{lunge basic}* Lunge sd R, -, rec L, XRIF to low BFLY (Lunge sd L, -, rec R, XLIF);  
9 *{sway L & R}* Sd L w/ L sd stretch, -, sd R w/ R sd stretch, -;

**10-15** SOLO TURN 6 TO CP;; SIDE BASIC; OPEN BREAK; CHANGE SIDES UNDERARM; BASIC ENDING;

- 10-11 *{solo trn 6 to CP}* Fwd L trng slightly LF, -, sd R cont trng to fc RLOD, cl L (Fwd R trng slightly RF, -, sd L cont trng to fc RLOD, cl R); Bk R cont trng LF, -, sd L, cl R (Bk L, -, sd R trng RF, cl L to loose CP WALL);  
12 *{sd basic}* Sd L blending to CP, -, XRIB, rec L (Sd R, -, XLIB, rec R);  
13 *{open brk}* Sd R, -, apt L, rec R (Sd L, -, apt R, rec L);  
14 *{chg sds underarm}* Fwd L trng RF ¼ to fc RLOD & leading W to trn LF under joined hnds, -, cont trng sd R to fc COH, XLIF (Fwd R spiraling LF ½ und joined hnds to fc ptr & WALL, -, sd L, XRIF);  
15 *{basic ending}* Sd R, -, XLIB, rec R (Sd L, -, XRIB, rec L);

**16-19** LUNGE BASIC; TUNNEL EXIT [BOTH FC RLOD]; OUTSIDE ROLL; LUNGE BASIC;

- 16 *{lunge basic}* Blending to BFLY sd L, -, rec R, XLIF (Sd R, -, rec L, XRIF);  
17 *{tunnel exit}* Sd R shaping to lady & leading her to lariat, -, rec L trng LF, sm fwd R to fc RLOD (Circling around M fwd L, -, fwd R, fwd L both fcg RLOD);  
18 *{outside roll}* Fwd L bringing hnds down & bk, -, fwd R bringing hnds up & around leading W to roll RF, fwd L (Fwd R comm RF trn, -, sd & bk L trng RF und jnd hnds, cont RF trn fwd R);  
19 *{lunge basic}* BFLYsd R, -, rec L, XRIF (Sd L, -, rec R, XLIF);

**20-22** SWAY L & R; OPEN BASICS;;

- 20 *{sway L & R}* Sd L w/ L sd stretch, -, sd R w/ R sd stretch, -;  
21-22 *{open basics}* Sd L, -, trng to left ½ OP brk bk R, rec L to cuddle pos; Sd R, -, trng to ½ OP brk bk L, rec R preparing to fold across lady;

PART B1-4 THE SQUARE TO BFLY;;;:

1-4 *{the square to BFLY}* Like a switch sd L crossing IF of W, -, trng RF sd R twd COH in L ½ OP, XLIF of R (Fwd R, -, sd L twd COH, XRIF of L starting to XIF of M); Fwd R, -, sd L twd RLOD, XRIF of L starting to XIF of W (Like a switch sd L crossing IF of M, -, trng RF sd R twd RLOD in ½ OP, XLIF of R); Like a switch sd L crossing IF of W, -, trng RF sd R twd WALL in L ½ OP, XLIF of R (Fwd R, -, sd L twd WALL, XRIF of L starting to XIF of M); Fwd R, -, sd L twd LOD, XRIF to BFLY; (Like a switch sd L crossing IF of M, -, trng RF sd R twd LOD in ½ OP, XLIF of R to BFLY);

5-8 TWISTY BASICS/LADY WRAP;; FORWARD RUN 2; PICK UP RUN 2 LOW BFLY;

5-6 *{twisty basics/lady wrap}* Blending to BFLY sd L, -, XRIB, rec ; Sd R ldg lady to trn LF, -, XLIB, rec R (Sd R, -, XLIF, rec R; Sd L, -, thru R trng LF, rec L to wrapped pos LOD);

7 *{fwd run 2}* In wrapped pos fwd L, -, fwd R, fwd L (Fwd R, -, fwd L, fwd R);

8 *{pickup& run 2 to low BFLY}* Fwd R leading W to PU, -, sd L, cl R hnds joined low (Fwd L folding IF of M, -, sd R, cl L);

9-12 TRAVELING CROSS CHASSES 4 TO FACE WALL;;;:

9-12 *{4 traveling X chasses}* W/ hnds at waist level elbows in fwd L trng slightly LF, -, sd & fwd R, XLIF (Bk R slight LF trn, -, bk & sd L, XRIF); Trng RF fwd R, -, sd & fwd L, XRIF (Bk L trng RF, -, bk & sd R, XLIF); Fwd L trng slightly LF, -, sd & fwd R, XLIF (Bk R slight LF trn, -, bk & sd L, XRIF); Trng RF fwd R, -, sd & fwd L to fc WALL, XRIF (Bk L trng RF, -, bk & sd R, XLIF);

13-16 UNDERARM TURN to CP; OPEN BASIC; SWITCHES;;:

13 *{underarm trn to CP}* Sd L, -, XRIB leading W to trn RF, rec L (Sd R, -, XLIF trng ½ RF, rec R to loose CP);

14 *{open basic}* Sd R, -, trng to ½ OP LOD brk bk L, rec R preparing to fold across lady (Sd L, -, trng to ½ OP brk bk R, rec fwd L);

15-16 *{switches to CP}* Fwd & sd L crossing IF of W & trng to L ½ OP, -, fwd R, fwd L toeing twd ptr (Fwd R betw M's feet, -, fwd L, fwd R preparing to XIF of M); Fwd R betw W's feet, -, fwd L, fwd R to CP (Fwd & sd L crossing IF of M & trng to ½ OP, -, fwd R, fwd L to CP);

REPEAT AREPEAT BREPEAT A (1-11)ENDING1-3 OPEN BASIC TO CUDDLE POSITION; SLOW SWAY RIGHT & LEFT W/ CARESS TO; CUDDLE RIGHT LUNGE AND HOLD;;:

1 *{open basic}* Sd L, -, trng to left ½ OP brk bk R, rec L to cuddle pos;

2 *{sl sway R & L W/ caress to}* W/ hnds on W's waist sl owly sd R w/sway, -, sd L w/ sway, - (Using both hnds to mimic a caress sd L w/ sway, -, sd R w/ sway, -);

3 *{cuddle R lunge & hold}* Maintaining cuddle pos w/ R sd stretch to open W's head lower on L, sd & fwd R slowly changing lady's head to L, -, hold (Keeping R hnd on M's L shd & sliding L hnd to normal CP lower on R, bk L slowly changing head well to L, -, hold as music fades);

[https://www.amazon.com/A-Long-and-Lasting-Love/dp/B07O4NTD3N/ref=sr\\_1\\_1?keywords=A+LONG+%26+LASTING+LOVE%2C+JENNYLYN+MERCADO&qid=1568693679&s=dmusic&sr=1-1](https://www.amazon.com/A-Long-and-Lasting-Love/dp/B07O4NTD3N/ref=sr_1_1?keywords=A+LONG+%26+LASTING+LOVE%2C+JENNYLYN+MERCADO&qid=1568693679&s=dmusic&sr=1-1)

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**INTRO: CUDDLE POS WALL WAIT;;  
BFLY TWISTY BASICS;; LUNGE BASICS;;  
SOLO TRN 6;; UNDARM TRN; REV UNDARM  
TRN TO CP; SWAY L & R;**

**A**

**BASIC PICKING UP;; L TRN INSIDE ROLL;  
CP BASIC ENDING; UNDARM TRN; OP BASIC;  
M SWITCH ACROSS; BFLY LUNGE BASIC;  
SWAY L & R; SOLO TRN 6 TO CP;; SD BASIC;  
OP BRK; CHANGE SDS UNDERARM;  
CP BASIC END; BFLY LUNGE BASIC; TUNNEL EXIT  
BOTH FC RLOD; OUTSIDE ROLL TO BFLY;  
LUNGE BASIC TO; LOW BFLY SWAY L & R;  
OP BASICS TO THE;;**

**B**

**THE SQUARE;;; BFLY TWISTY BASICS/LADY  
WRAP;; FWD RUN 2; P/UP RUN 2 TO LOW BFLY;  
TRAVELING X CHASSES 4 TO FC WALL;;;  
UNDERARM TRN TO CP; OP BASIC; SWITCHES;;  
REPEAT A & B**

**A (1-11)**

**BASIC PICKING UP;; L TRN INSIDE ROLL;  
CP BASIC ENDING; UNDARM TRN; OP BASIC;  
M SWITCH ACROSS; BFLY LUNGE BASIC;  
SWAY L & R; SOLO TRN 6;;  
ENDING  
OP BASIC TO CUDDLE POS; SLOWLY SWAY R & L  
W/CARESS; TO A CUDDLE R LUNGE & EXTEND;**