

## HEUT IST MEIN TAG (Today Is My Day)

**Music:** Michelle  
Cd: Best of Michelle  
<https://www.amazon.nl/Best-Michelle/dp/B000059QYC>  
Track # 10 Time 3:50 Available from choreographer

**Rhythm:** Rumba Phase: V+1U (Tummy Check)

**Footwork:** Opposite except where (Noted)

Release Date: April 24

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

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**Sequence:** INTRO AB INTRO(6-9) AB B END



### INTRO

**01-05 BFLY POS WALL LEAD FOOT FREE WAIT ONE MEASURE ; NEW YORKER ; THRU SERPIENTE ; ; FENCE LINE w/ ARMSWEEP ;**  
{Wait} Bfly Pos WALL Id ft free wt 1 meas ; {New Yorker} XLif (W XRif) to LOP RLOD, rec R to BFLY WALL, sd L, -; {Thru Serpiente} [QQQQ;QQQQ] Thru R, sd L, XRib (W XLib), flare L CCW (W CW) ; XLib (W XRib), sd R, thru L, flare R CCW (W CW) to fc ptr ; {Fence Line w/ Armsweep} XRif (W XLif) w/ bent knee trl arm circle CCW (W CW) ifo body, rec L, sd R to BFLY WALL, -;

**06-09 BASIC 1/2 to NATURAL TOP ; ; CUDDLE TWICE ; ;**

{Basic 1/2 to Natural Top} Fwd L, rec R to CP, sd L trng RF (W bk R, rec L to CP, fwd R btw M's ft) to CP RLOD, -; Cont RF trn XRib, compg 3/4 RF trn sd L, cl R (W sd L, XRif btw M's ft, cl L) to CP WALL, -; {Cuddle x 2} Sd L, rec R, cl L placg lft hnd on W's rt shldr blade (W trng 1/2 RF bk R with free arm out to sd, rec L, fwd R placg rt hnd on M's lft shldr trng 1/2 LF) to CP WALL, -; Sd R, rec L, cl R placg rt hnd on W's lft shldr blade (W trng 1/2 LF bk L with free arm out to sd, rec R, fwd L placg lft hnd on M's rt shldr trng 1/2 RF) to CP WALL, -;

### PART A

**01-04 CUDDLE/ W SPIRAL to a FACING FAN LOD ; ; OP HIP TWIST TO FACING FAN COH ; ;**

{Cuddle/W Spiral to a Fan} Sd & slightly fwd L shape twd ptr, rec R, cl L (W [QQQQ]trn RF 1/2 bk R, trn 1/4 LF to LOD, fwd R, spiral LF), -; XRib, rec L trng 1/4 LF to LOD, fwd R (W fwd L, fwd R w/ trng 1/2 LF fc RLOD, bk L), -; {OP Hip Twist to Fcg Fan COH} Chk fwd L to LOD, rec R, cl L (W [QQQQ] bk R, fwd L, fwd R, pushg off M's ld hnd swvl 1/4 RF), -; XRib, rec L trng 1/4 LF, fwd R (W fwd L, fwd R w/ trng 1/2 LF fc Wall, bk L) to BFLY COH, -;

**05-08 CHASE w/ UNDERARM PASS ; ; FULL TURN CHASE M & W to rt Hndshk WALL ; ;**

{Chase/W Underarm Pass} [relnsg trl hnds] Fwd L trng RF 1/2 [keepg ld hnds jnd w/ palm upwards], rec R, small fwd L (W bk R, rec L, fwd R twd M's lft sd), -; Bk R [raisg ld hnds], rec L, sd R (W fwd L, fwd R trng 1/2 LF undr jnd ld hnds to fc ptr, sd L) to BFLY WALL, -; {Full Trn Chase M & W to rt Hndshk} [relnsg both hnds] Fwd L trn 1/2 RF, rec R cont trn 1/2 RF, cl L (W bk R, rec L, cl R), -; Bk R, rec L, cl R (W fwd L trn 1/2 RF, rec R cont trn 1/2 RF to fc ptr, cl L) to rt Hndshk WALL, -;

**09-12 SHADOW BACK BREAK to OP LOD ; TWO PARALLEL BREAKS ; ; LADY to FAN ;**

{Shad Bk Break} [w/ rt Hndshk] XLib (W XRib) trng both to LOD w/ W's lft arm xtnd bhd M's bk, fwd R, L to LOD, -; {2 Parallel Breaks/Lady to FAN} [w/ rt Hndshk] Rk bk R leadg W across in front, rec L, fwd R to fc Line (W fwd L trng 1/4 LF ifo M, fwd R trng 1/2 LF to fc Wall, sd L) [similar to W's whip action], -; Fwd L trng 1/4 LF ifo W, fwd R trng 1/2 LF to fc Wall, sd L (W rk bk R allowg M to pass across in front, rec L to fc, sd R trng 1/4 LF) [similar to M's whip action] to BFLY WALL, -; Rk bk R, rec L, sd R to WALL (W XLif, sd R trng 1/4 LF to RLOD, bk L) to Fan Pos, -;

**13-16 STOP & GO HOCKEY STICK ; ; HOCKEY STICK ; ;**

{Stop & Go Hockey Stick} Fwd L, rec R raise jnd ld hnds lead W to rev twirl, cl L (W cl R, fwd L, fwd R trn 1/2 LF under jnd ld hnds to end at M's rt sd), -; Chk fwd R w/ lft sd stretch shapg to ptr place rt hnd on W's lft shldr blade to chk her movement, rec L raise ld hnds to lead W to twirl, sd R (W chk bk L, rec R, fwd L trn 1/2 RF under jnd ld hnds to fc ptr) end Fan Pos M fc Wall, -; {Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd lead hnds, bk L) to rt Hndshk DRW, -;

**PART B**

**01-04 TRADE PLACES TWICE ; ; TRADE PLACES/W SPIRAL ; W OUT to FACE ;**

**{Trade Places x 2}** [rt hndshk] Rk apt L, rec R trng ¼ RF to fc RLOD beh W then rel jnd rt hnds, cont to trn RF to fc ptr & COH stepping sd & bk L (*W rk apt R, rec L trng ¼ LF to fc RLOD ifo M then rel jnd rt hnds, cont LF trn to fc ptr & WALL stepping sd & bk R*) jng lft hnds, -; [With lft hnds jnd] Rk apt R, rec L trng ¼ LF to fc RLOD beh W then rel jnd lft hnds, cont to trn LF to fc ptr & WALL stepping sd & bk R (*W rk apt L, rec R trng ¼ RF to fc RLOD ifo M then rel jnd lft hnds, cont RF trn to fc ptr & COH stepping sd & bk L*) rejng rt hnds, -; **{Trade Places/W Spiral}** Rk apt L, rec R comm to pass rt shldr while trng ¼ LF and keepg rt hnds jnd, cont to trn LF stepping sd L twd COH (*W apt R, rec L, fwd R, spiralg 7/8 LF undr rt hnds*), -; **{W Out to Fc}** [relsg hnds] Trng bdy RF to fc COH stp fwd twd COH R, L, R (*W fwd COH L, fwd R trng ½ LF to fc WALL, sd & bk L*) to BFLY COH, -;

**05-08 BASIC 1/2 INTO ALTERNATING UNDERARM TURNS W – M – W ; ; ; ;**

**{Basic ½ Into Alternating Underarm Trns W-M-W}** Fwd L, rec R, sd L, -; Raisg jnd ld hnds XRib, rec L, sd R (*W trng RF undr jnd ld hnds fwd L, fwd R cont RF trn to fc ptr, sd L*), -; [join trl hnds] trng RF undr jnd tl hnds fwd L, fwd R cont RF trn to fc ptr sd L (*W XRib, rec L, sd R*), -; [rejoin ld hnds] Repeat meas 6 Part B to BFLY COH ;

**09-12 START CROSS BODY TO TUMMY CHECK & BACK w/ rt Hndshk ; ; ; FINISH CROSS BODY ;**

**{Start X-Body to Tummy Chk & Bk w/ rt Hndshk}** Fwd L, rec R trng ¼ LF to RLOD, sd L (*W bk,R, rec L, fwd R*), -; [Stop the W w/ ld hnd] Lunge sd R, rec L, cl R (*W both arms fwd fwd L, rec R,cl L*), -; rt Hndsk Lunge sd L, rec R, cl L to R (*W bk R, rec L, cl R*), -; **{Finish X-Body}** Bk R, rec L trng ¼ LF to fc ptr, sd R (*W fwd L comm LF trn, fwd & sd R cont LF trn to COH, sd & bk L*) to BFLY WALL, -;

**13-16 BACK BREAK BOTH SPIRAL ; AIDA ; ROCK 3 & SWIVEL to FACE ; SPOT TURN ;**

**{Bk Break Both Spiral}** XLib trng to OP, rec R, twd LOD fwd L & spiral 7/8 RF (*W fwd R & spiral LF*), -; **{Aida}** Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -; **{Rock 3 & Swiv to Fc}** [QQQQ] Rk fwd R, rec L, fwd R, swiv RF to fcg ptr & WALL ; **{Spot Trn}** [Relg hnds] XRif (*W XLif*) trng LF, rec L compg full trn, sd R to fc & BFLY WALL, -;

**ENDING**

**01-05 CHASE w/UNDERARM PASS TWICE ; ; ; ; to RLOD AIDA & EXTEND ARMS ;**

**{Chase/W Underarm Pass}** Repeat meas 5,6 Part A Twice to COH & WALL ; ; ; ; **{To RLOD Aida & Extend Arms}** Thru L, sd R trng RF, bk L cont RF trn to V-bk-to-bk pos LOD, raisg ld hnds up & out ;