CHOREO: Jim & Marianne Senecal with John Bucholz Dayton Ballroom Studio
Q SHEET: Jim & Marianne Senecal 2222 Prospect-Norton, Prospect, OH 43342 (740) 494-2226
CD Casa Musica Presents The Best Of Ballroom Music Vol. 10 Part 4
DANCE TITLE: May Each Day (Of The Year Be A Good Day) Artist Andy Williams
FOOTWORK: (Woman's footwork in parentheses) Time@mpm: 2:44@29.00
RHYTHM: International/American Waltz Phase VI
SEQUENCE: INTRO—A—B—C—A—B (1-3)—ENDING

INTRO

1-2 WAIT 1 MEAS DCLC SKIRT SKATER'S BOTH L FT POINTED FWD; FWD CHASSE/LADY ROLL TO CP:
1 Skirt Skaters DLC L ft free & ptd fwi for both;
1,2,3 2 Fwd L, fwd R/L, R [Option Fwd L, Tch R, Fwd R 1,2,3] end CP DLC;
1,2,3 2 (Roll LF DLC L,R,L to CP);

PART A

1-4 THREE FALLAWAYS;;; OPEN FINISH;
1 Fwd L trng LF with R sd stretch, sd R cont stretch, XLib of R to SCP cont. stretch;
2 Bk R trng LF to CP no sway, sd & fwi L with L sd stretch, Xrib of L to RSCP cont. stretch;
3 Fwd L trng LF blending to R sd stretch, sd R cont stretch, XLib to SCP cont. stretch;
4 Bk R trng LF, sf & fwi L, Fwd R outside partner to BJO DLW;

5-8 HOVER TELEMARK; OPEN NATURAL; SYNCOPATED OUTSIDE UNDERARM TURN TO BFLY;
CONTRA CHECK/W DEOLVE;
5 Fwd L, diag sd & fwi R rising & trng body 1/8 RF leading W to turn SCP, fwi L;
6 Fwd R, Sd L across line of dance, Bk R to CBMP fcg DRC raising arm preparing to turn W RF;
6 (Fwd L, fwi R between Man's feet, fwi L to CBMP;)
1,2,3 7 Bk L leading W to turn RF, RF trng chasse R/cL L, R ending BFLY R hand high L hand low DLC;
7 (Fwd R commencing to trn RF under M's L hand, cont trn L/R, L to BFLY fcg DRW;)
1 8 Start to trn the body LF flexing knees with strong R sd lead check fwi L in CBMP, -; -;
8 (Bk R, bring L foot up R leg to inside of R knee, extend L foot;)

9-12 HOVER CORTE; TIPPLE CHASSE; PIVOT 3 DRW; SYNCOPATED BACK LOCK & SLIP LOD;
9 Rec R commencing LF trn, sd & fwi L with hovering action, rec bk R in CBMP fcg DRC;
9 (Fwd L commencing LF trn, sd & bk R with hovering action, rec fwi L in CBMP fcg DLW;)
1,2,3 10 Bk L commencing RF trn, chasse R/cL L cont trn, sd & fwi R LOD cont. trn;
11 Cont trn sd & bk L to fc RLOD, cont trn sd & fwi R bet W's feet fc LOD, cont trn sd & bk L
to end fcg DRW;
16,2,3 12 Bk R/lk Lif of R, bk R, bk L/lk R under body trng LF to LOD;

13-16 DOUBLE REVERSE TWICE DLW;;; SLOW BOLER0 CONTRA CHECK;;
1,2 1-14 Fwd L commencing to trn LF, sd R cont. trn, spin LF on the ball of R foot bringing L foot under
body beside R no weight change to LOD; Repeat 13 end fwi DLW;
1,2,3 (13-14) (Bk R commencing to trn LF, L foot closes to R heel trn cont. trn, sd & bk R cont trn, Xlif of R
end fwi RLOD, Repeat measure 13 end CP fcg DRC;
1 15-16 Place W's R hand on L shoulder & start to trn the body LF flexing knees with strong R sd
lead ck fwi L in CBMP, slowl start to raise L arm, -; Cont to raise L arm over the measure, -; -;
(15-16) (Start upper body trn to the L flexing knees with strong L sd lead bk R in CBMP looking well L,
slowly start raising L arm, -; Cont to raise L arm over the measure, -; -;)

PART B

1-4 STANDING SPIN SYNC TO DLW CKG;; SYNC OUTSIDE UNDERARM TRN TO L HANDS JOINED DRW;
R LUNGE/W DEOLVE;
1,2,3 1-2 Rec R, circle fwi L, R; Cont, circle L, R/L, R checking taking W's R hand from shoulder
preparing to turn W under arms ending DLW 2 revolutions over the 2 measures;
1,2,3 (1-2) (Rec L, circle fwi R, L; Cont. circle R, L/R, L;)


1,2,3 3 Bk L commencing to turn W RF, bk & sd R cont trn, cl L cont trn to DRW with L to L hands jnd;
1,2&3 (3) (Fwd R starting RF roll, cont roll L/R, L fc DLC taking Man's left hand with your left hand;) (4) (Bk R taking skirt in R hand, bring L foot up R leg to inside of R knee, extend L foot;

5-8 LADY SYNCOPATED ROLL TO SKIRT SKATERS/M TRANS DLC; TELESPIN ENDING TWICE;;
LADY ROLL OUT/M TRANS TO HANDSHAKE;
1,2,3 5 Sd L WALL commencing to trn LF leading W to roll LF releasing hands, cl R DLC cont trn, fwd L DLC with partial weight;
1,2&3 (5) (Fwd L commencing LF free roll, R/L, R ending skirt skaters DLC;) -1,2 6-7 -/taking full weight on L spin LF, sd R cont trn, fwd L LOD with partial weight; Repeat measure 6 but end DLC;
1,2,3 (6-7) (Fwd L commencing to trn LF, fwd R cont. to trn LF/ bring L ft to R for a toe spin changing weight to L, fwd R to fc LOD; Repeat measure 6 but end DLC;
1,3 8 Fwd L, tch R, fwd R to a handshake fcg DLC;
1,2,3 (8) (Fwd L commencing roll LF, cont. roll R, L end fcg DRC;)

9-12 START CROSS HOVERS w/ W's WRAP & UNWRAP 5 TIMES;;;;
9-10 NOTE man travels LOD retaining handshake Fwd L, sd R rising, rec L fcg DLC with L arm out to side; Xrif of L, sd R rising, rec R DLC with arm on W's left shoulder;
(9-10) (Bk R, sd R rising, rec R DLC with left arm on M's bk; Fwd L starting to roll LF across M, cont trn R, L to M's its left skirt skaters L arm out to sd fcg DLC;)
11-12 Xrif of R, sd R rising, rec R DLC with L arm out to side; Xrif of L, sd R rising, rec R DLC with L arm on W's left shoulder;
(11-12) (Fwd R commencing to roll LF, cont roll R, R to skirt skaters fcg DLC L arm beh M's bk; Fwd L commencing to roll LF across M, cont roll R, L to M's R sd L arm out to sd fcg DLC;)

13-16 FINISH CROSS HOVERS; PICKUP TO BJO DLC; WEAVE TO BJO;;
13-14 Xrif of R, sd R rising, rec R DLC; Fwd R, L, fwd R to BJO DLC;
(13-14) (Fwd R commencing to roll RF, cont roll L, R to skirt skaters fcg DLC L arm beh M's bk; Fwd L folding in front of M, dropping skirt bk R, bk L;)
15-16 Fwd L, fwd R trng LF, sd & bk L; Bk R, bk trn LF L, sd & fwd R end DLC;

PART C
1-4 HOVER TELEMARK; CURVED FEATHER; DOUBLE OPPOSITION POINTS;;
1 Repeat measure 5 Part A;
2 Fwd R in CBMP commencing RF trn with L sd stretch, cont R trn sd & fwd L, fwd R outside W in CBMP fcg DRW;
(2) (Fwd L commencing RF trn with R sd stretch, sd & bk R with R shoulder lead, bk L in CBMP;)
1 3-4 Bk L, draw R to L leading W to swivel RF, flexing L knee extend R sd & bk with L swaying looking DRW; Rising on L draw R to L, cl R commencing LF trn, cont. LF trn to fc DLC flex R knee extending L sd & bk twd DLC with R swaying looking DRW;
1 (3-4) (Fwd R swivel RF on R draw L to R, flexing R knee extend L thru trw DRW with R swaying looking DRW; Rising on R rec L, commencing LF trn cl R, cont trn flex R knee extend L sd & bk twd DRW with L swaying;)

5-8 LINK TO SCP; FWD CHASSE/W ROLL TO SKIRT SKATERS; SHADOW RIGHT TURN;
SYNCOPATED OUTSIDE UNDERARM TRN TO SKIRT SKATERS DLC;
1,2,3 5-6 Lose sway & rise on R, tch L, fwd L SCP DLC; Fwd R leading W to roll LF, sd L/cl R, fwd L DLC;
-1,2,3 (5-6) (Lose sway & rise on R, cl L, fwd R; Roll LF L, R, L to skirt skaters DLC;)
7 Same Footwork Fwd R commencing RF trn, sd L cont trn, bk R fc RLOD raising L arm preparing to trn W RF;
1,2,3 8 Bk L commencing RF trn trng W RF under L to L hands, cont trn sd R/cl L, sd & fwd R to fc DLC;
1,2&3 (8) (Bk L commencing RF trn under M's L hand, cont trn sd R/cl L, sd & fwd R to fc DLC in skirt skaters;)
A GOOD DAY

9-12 LEFT TURNS TWICE; PICKUP TO CP/M TRANS; 1 LEFT TURN;

9   Fwd L commencing LF trn, sd R cont trn, bk L fc RLOD;
10  Bk R commencing LF trn, sd L cont trn, fwd R fc LOD;
1,3 11  Fwd L, tch R to L, fwd R;
1,2,3 (11)  Fwd L folding in front of M, bk R, bk L;
12  Fwd L commencing LF trn, sd R diag across line of progression, cl L to fc RLOD;

13-16 BK CHASSE TO SCP DLW; WHIPLASH TO BJO; OUTSIDE SWIVELS; QK FEATHER FINISH;
1,2&3 13  Bk R commencing LF trn, sd L/cl R, sd & fwd L to SCP DLW;
14  Thru R raising R hip to partner, with no trn pt L fwd DWL, -;
(14)  Thru L, swivel on L to fc partner, cont trn to BJO & pt R sd & bk;
1,2 15  Bk L to CBMP drawing R to L, maintain CBMP fwd R checking DLW, -;
(15)  Fwd R swiveling RF, fwd L swiveling LF to BJO, -;
16  Bk L, Bk R trng LF, sd & fwd L, fwd R outside partner in CBMP;

REPEAT A

REPEAT B 1-3

ENDING

1-4 R LUNGE W DELOPE; W ROLL TO OVERHEAD HINGE; CHANGE TO SAME FOOT LUNGE;
1 1     NOTE: music starts to retard lunges fwd R DRW, -;
(1) (Bk R bringing R arm up, bring L foot up beside R knee, extend L foot;
1,2; 1 2-3  Maintain L to L hands raise hands to lead W to roll LF rec L, cont to raise hand up above the
head cl R, -;  Sd L fc DLW, -;
1,2&3; 1 (2-3)  Fwd L commencing LF roll, cont roll sd R/cl L, cont trn sd & bk R 1 1/4 trn over measure;  Bk L
to fc RLOD with R arm beh M's back, -;
,.3 4    Rise on L bringing the L to L hands beh head & release, tch R, slide R sd & fwd to CP DLW;
1,2,3 4    (Rec R swiveling RF to fc, small sd L cont. swivel to fc DLC starting to sliding L arm down M's
shoulder, bk R under body head well to the left;)

5-7+ TELEMARK TO A THROWAWAY OVERSWAY; W ROLL OUT/M TRANS; R LUNGE WITH ARMS.
&1,2; 3    5-6  Rotate body bringing W to CP LOD/fwd L commencing LF trn, sd R cont. trn, sd & slightly fwd L
pointing R foot sd & bk;  Develop sway DLW, -;
&1,2,3;  -    5-6  (Rec L to CP/bk R commencing LF trn, cl L [heel trn] cont. trn, sd & fwd R;  Swiveling on R
relax the L knee and slide L foot under the body past the R foot and point bk, -;
,.3 1  7+  Rise on the L, sd R, cl L to fc WALL;  Lunge R and extend arms on last beat of music,
1,2,3; 1    7+  (Sd & L commencing a RF roll, cont roll R, L to fc WALL 1 1/4 trn over measure;  Lunge R &
extend arms to sd,)