

EIGHT DAYS A WEEK

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MUSIC: Eight Days A Week by: The Beatles 1962-1966 (The Red Album) 2:45 at 45RPM \$1.29
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FOOTWORK: Opposite (Lady in parenthesis)

RHYTHM: Roundalab Phase IV +2 (Chasse Roll & Stop & Go) Jive 44 RPM Suggested

SEQUENCE: Intro-ABC-A-C-B-End

INTRO

1-4 BFLY/WALL LEAD FEET FREE WAIT;; 2 TRAVELING S& STEPS;;

0-2 Bfly wall lead feet free wt;;

3-4 Swivel RF on R touch L toe to instep of R, swivel LF on R sd L, Swivel RF on L touch R heel to floor, swivel LF on L XRif of L (Swivel LF on L touch R toe to instep of L, swivel RF on L sd R, Swivel LF on R touch L heel to floor, swivel RF on R XLif of R); Repeat meas 3;

PART A

1-4 THROWAWAY; WINDMILL;;, CHANGE HNDS BEHIND BACK,,;

0-1 Fwd L/cl R leading Lady to a fwd triple to loose cp lod, sd & fwd L, sd R/cl L, sd R blending to lop lod (Fwd R/cl L, sd & bk R trng ½ LF loose cp lod, sd L/cl R, sd & bk L blend to lop lod);

1-2.5 Rk apt L, rec R to bfly start ¼ LF trn, fwd L cont trn/cl R, fwd L comp trn; Sd R start ¼ LF trn/cl L, sd R compe trn fc lod (Rk apt R, rec L to bfly start ¼ LF trn, fwd R cont trn/cl L, fwd R comp trn; Sd L start ¼ LF trn/cl R, sd L comp trn fc rlod),

2.5-4 Rk apt L, rec R; Fwd L start ¼ LF placing M's R hnd over Lady's R hnd/cl R, fwd L release M's L hnd comp ¼ LF trn to t&em in front of lady, sd & bk R start ¼ LF placing M's L hnd behind his bk/cl L transfer lady's R hnd bk to M's L hnd, sd & bk R comp ¼ LF trn lop fcg ptr rlod (Rk apt R, rec L; Fwd R start ¼ RF trn/cl L, fwd R comp ¼ RF trn to t&em pos behind M, sd & bk L start ¼ RF trn/cl R, sd & bk L comp trn lop fcg ptr lod);

5-8 STOP & GO; SHAKE HNDS; MIAMI SPECIAL BOTH FACE COH;;, RK REC TO;

5-6 Rk bk L, rec R, fwd L/cl R, fwd L catch lady with R hnd on L shld blade; Rk fwd R, rec L, sm bk R/cl L, bk R (Rk bk R, rec L, fwd R/L, R trng ½ LF und ld hnds to end at M's R sd; Rk bk L, rec R, fwd L/R, L trng ½ RF und ld hnds end lop fcg lod);

7-8 Rk apt L, rec R, fwd L/R, L trng RF ¾ lead lady to a LF trn under R hnds placing joined hnds over M's head so hnds rest bhnd neck; Release joined hnds sd R/L, R join lead hnds fc coh, XLib of R, rec R (Rk apt R, rec L, fwd R/L, R trng LF ¾ under joined R hnds; Release hnds sd L/R, L join lead hnds fc coh, XRib of L, rec L);

9-16 TURKEY WALKS 8 WITH CLAPS TO FACE;;; LINDY CATCH;; L TO R;;, RK REC;

9-12 Sd L, -, cl R, clap hnds on 4a; Repeat 3 more times changing sds;; last one fc ptr lod;

13-14 Rk apt L, rec R, fwd L/R, L moving RF around lady catching her at waist with R hnd; XRib of L end bhnd lady, sd & fwd L to L sd of lady, start ½ RF trn around lady fwd R/ cl L, fwd R trng to fc ptr blending to lop lod (Rk apt R, rec L, fwd R/cl L, fwd R; To lod bk L, R, bk L/cl R, bk L);

15-16 Rk apt L, rec R, in pl L/cl R, small fwd & sd L trng ¼ RF trn leading lady to trn ¾ LF under lead hnds; Sd R/cl L, sd R blend bfly wall, rk apt L, rec R (Rk apt R, rec L, fwd R/cl L, fwd R trng ¾ LF under lead hnds; sd L/cl R, sd L blend bfly wall, rk apt R, rec L);

PART B

1-6 CHASSE L & R; TRIPLE WHEEL 5;;;, LINK RK CP WALL,,;

0-1 Sd L/cl R, sd L, sd R/cl L, sd R bfly wall;

2-4.5 Rk apt L, shake hnds rec R, start RF wheel sd L/cl R, sd L trng twd ptr & tch her bk with L hnd hnd; Cont RF wheel sd R/cl L, sd R trng away from ptr, cont RF wheel sd L/cl R, sd L trng twd ptr & tch her bk with L hnd; Cont RF wheel sd R/cl L, sd R trng away from ptr, cont RF wheel sd L/cl R, sd L trng twd ptr & tch bk with L hnd leading lady to spin RF; Sd R/cl L, sd R

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Part B contd

(Rk apt R shake hnds rec L, trn ¼ LF, start RF wheel sd R/cl L, sd R trng away from ptr; Cont RF wheel sd L/cl R, sd L trng twd ptr & tch his bk with L hnd, cont RF wheel sd R/cl L, sd R trng away from ptr; Cont RF wheel sd L/cl R, sd L trng twd ptr & tch his bk with L hnd, sd R/cl L, sd R spinning RF on R foot to fc ptr; Sd L/cl R, sd L),

- 4.5-6** Rk bk L, rec R; Small fwd L trn/cl R, sd & fwd L, sd R/cl L, sd R blend to loose cp wall(Rk bk R, rec L; Small fwd R/cl L, sd & fwd R, Sd L/cl R, sd L blend to loose cp wall);
- 7-12 RK REC,, CIRCLE AWAY 2 TRIPLES FC,, RK REC; TOG FWD CL W/CLAPS 4 TIMES;;;;**
- 7-8** Rk bk L Xib of R, rec R to loose scp lod, circle away fwd L/cl R, fwd L; Cont circle away fwd R/cl L, fwd R trn to fc ptr & wall, rk bk L, rec R(Rk bk R Xib of L, rec L to loose scp lod, circle Away fwd R/cl L, fwd R; Cont circle away fwd L/cl R, fwd L trn to fc ptr & coh, rk bk R, rec L);
- 9-12** Fwd L, -, cl R, clap hnds on 4a; Repeat 3 more times;; Blend to bfly wall;
- 13-16 SPANISH ARMS TWICE;;; RK REC KICK BALL CHANGE INTO;**
- 13-15** Rk apt L, rec R start trng ½ RF leading lady to trn ¼ LF; Sd L/cl R, sd L leading lady to spin ¾ RF comp M's RF trn; Sd R/cl L, sd R blend bfly coh (Rk apt R, rec L trng ¼ LF under lead hnds; sd R/cl L, sd R trng ¾ RF, sd L/cl R, sd L); Repeat last meas & ½ of part B,,; to bfly wall;
- 16** Rk apt L, rec R blend scp lod, kick L fwd/take weight of ball of Lib of R, chg weight to R;

PART C

- 1-4 PRETZEL WRAP W/DOULBE RK;; UNWRAP PRETZEL RK REC KICK BALL CHANGE;;**
- 1-2** Keep lead hnds joined start RF trn down lod fwd L/cl R, fwd L trng bk to bk, sd & fwd R/cl L, fwd R; Rk fwd L extend trailing hnds fwd crossing arms over lady's arm, rec R, rk fwd L, rec R repeat arm crossing action (With lead hnds joined start LF trn twds lod fwd R/cl L, fwd R trng bk to bk, sd & fwd L/cl R, fwd L; Rk fwd R, rec L, fwd R, rec L);
- 3-4** Trng LF on R sd & fwd L/cl R, sd L trng LF to ptr & wall, sd R/cl L, sd R; Rk bk XLib of R blend scp lod, rec R, kick L fwd/take weight of ball of L, chg weight to R(Trng RF on L sd & fwd R/cl L, sd R trng RF to fc ptr & coh, sd L/cl R, sd L; Rk bk XRib of L blend scp lod, rec L, kick R fwd/take weight of ball of Rib of L, chg weight to L);
- 5-8 CHASSE ROLL;; CHASSE ROLL TO REV;;; RK REC;**
- 5-6** Release hnds down lod fwd L trn RF fc ptr & wall/cl R, sd & fwd L trng RF to bk to bk, sd R/cl L, sd R trng RF to fc ptr & wall; sd L/cl R, sd L/cl R, sd L, trng to L ½ op rlod on L, rk bk R, rec L (No hnds joined fwd R trn LF fc ptr & coh/cl L, sd & fwd R trng LF to bk to bk, sd L/cl R, sd L trng LF to fc ptr & coh; Sd R/cl L, sd R, trng to L ½ op rlod on L rk bk L, rec R);
- 7-8** Trn LF to fc ptr & wall on L sd R/cl L, sd R trng LF to bk to bk, sd L/cl R, sd L trng LF to fc ptr & wall; sd R/cl L, sd R blend to cp wall, rk bk XLib of R, rec R scp lod (Trn RF to fc ptr & wall on R sd L/cl R, sd L trng RF to bk to bk, sd R/cl L, sd L trng RF to fc ptr & wall; Sd L/cl R, sd L blend to cp wall, rk bk XRib of L, rec L scp lod);

REPEAT PART A

REPEAT PART C

REPEAT PART B

END

- 1-4+ TWO FWD TRIPLES; SWIVEL WALK 4; 4 POINT STEPS; BLEND TO BFLY WALL;**
- 1** Fwd L/cl R, fwd L, fwd R/cl L, fwd R;
- 2** On weighted foot swivel LF/fwd L, repeat action 3 times,;;
- 3-4** Pt fwd L w/outsd edge of foot, fwd L, repeat action 3 times, ; on last action blend to bfly wall;
- 5-7+ 3 TRAVELING S&STEPS;;; POINT TO LINE HOLD,**
- 5-7** Repeat meas 3 of intro 3 times;;; Pt lead feet to line hold,