FOR EVER AND A DAY

Composer: John and Bertha Stallard, 361 Hillsborough Road, Auckland 1004
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Record: Special Press, "Our Love is Here to Stay" Flip "Papa Loves Mambo"

Courtesy Irv and Betty Easterday

Footwork: Opposite

Rhythm: Foxtrot Phase IV+1 (Curved Feather)

Sequence: Intro A B A B Ending

INTRO

1-4
WAIT; WAIT; FWD, -, RIGHT LUNGE, REC; FEATHER FINISH;
1-2 CP DW Wait 2 Meas;
3 Fwd L, -, Fwd & sd R relax rt knee with head to rt, rec L
(W bk R, -, sd & bk L head to L, rec R);
4 Bk R turn ½ LF, -, sd L, fwd R to contra bjo DC;

PART A

1-4
REVERSE TURN; HOVER TELEMARK; START IN/OUT RUNS;
1-2 M fwd L comm. LF turn, -, sd R fwd COH, bk L LOD
(W bk R heel turn, -, close L to R, fwd R); Bk R Turn ½ LF,
sd & Fwd L DW, fwd R in contra bjo DW;
3 Fwd blend to CP DW, -, fwd & slightly sd R rising (hover) with
body turning 1/8 RF, fwd L on toe to SCP DW;
4 M thru R comm. RF turn, -, side & bk L cont. RF turn to CP,
bk R to contra bjo fcd R LOD (W fwd L, fwd R between M's ft,
fwd L in contra bjo);

5-8
FINISH IN/OUT RUNS; OP NATURAL; BK FEATHER; FEATHER FINISH;
5 Bk L turning RF, -, sd & fwd R between W's feet cont. RF turn,
fwd L to SCP LOD (W fwd R turn RF, -, fwd and sd L cont. turn,
fwd R to SCP);
6 Fwd R start RF turn, -, sd & bk L cont RF turn, bk R to contra
bjo fcd R LOD (W fwd L, -, fwd R between M's feet, fwd L);
7 Bk L, -, bk R with rt sd stretch (W head rt), bk L in contra Bjo;
8 Bk R start LF turn, -, sd & fwd L, fwd R to contra bjo DW;

9-10
CHANGE OF DIRECTION; OP TELEMARK;
9 Fwd L DW turn LF, -, sd R DW draw L to R (no weight)
in CP fcd DC, -;
10 Fwd L comm. LF turn, -, sd R cont LF turn (W heel turn),
sd & fwd L to SCP DW;

11-12
CURVED FEATHER; BK RT CHASSE WITH TURN;
11 Fwd R starting RF turn, -, sd & fwd L, fwd R (W fwd L starting
LF turn, -, sd & bk R, bk L) contra bjo DW
12 Bk L turning to fc COH, -, sd R/cl L to R, sd & Fwd R with small
rt fc turn CP DW;

13-16
HOVER; WING; OP REVERSE TURN; FEATHER FINISH;
13 Fwd L, -, Fwd & sd R, rec L to SCP DC
14 Fwd R, -, draw L to R (no weight) turning upper body left face, Tch 1
(W fwd L R L around M to tight Scar/DLC);
15 Fwd L starting LF turn, -, fwd sd R cont. turn, bk L contra
bjo fcd R LOD;
16 Bk R turn ½ LF, -, sd & fwd L, fwd R to contra bjo LOD;
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PART B

1-4
REVERSE WAVE; BACK FEATHER; BACK THREE STEP;
1-2 Fwd L blend to CP comm. LF turn,-, contd. turn sd & back R
(W heel turn), bk L DW; Bk R,-, bk L curve LF, bk R LOD;
3 Bk L,-, bk R with rt sd stretch (W head rt), bk L to contra bjo;
4 Bk R blend CP RLOD,-, bk L, bk R;

5-8
OP IMPETUS; PROM WEAVE; CHANGE OF DIRECTION;
5 Bk L turn RF,-, cl R to L cont. RF turn (W around M RF brush
R to L), fwd L DC SCP;
6-7 Fwd R DC,-, Fwd L turn LF (W swivel on R to fc M),
Sd & bk R DC; Bk L to contra bjo, bk R blend to CP comm. LF turn,
sd L DW, fwd R to contra bjo DW;
8 Fwd L DW turn LF,-, sd R DW draw L to R (no wgt)in CP fc DC,-;

9-12
CL TELEMARK; HALF NATURAL; CL IMPETUS; FEATHER FINISH;
9 Fwd L in CP DC comm. LF turn,-, sd R cont. LF turn
(W heel turn), fwd L DW to contra bjo;
10 Fwd R comm. RF turn,-, sd L (W heel turn), bk R CP fc RLOD;
11 Bk L turn RF,-, cl R to L cont. RF turn, bk L DRC (W fwd R turn
RF,-, sd L cont. RF turn, brush R to L fwd R DRC);
12 Bk R turning & LF,-, sd L, fwd R to contra bjo DC;

13-16
DIAMOND TURN;
13 Fwd L blend to contra bjo turn LF,-, sd R cont. turn, bk L DW;
14 Bk R DW turn LF,-, sd L cont. turn, fwd R DRW;
15 Fwd L DRW turn LF, sd R cont. turn, bk L DRC;
16 Bk R DRC turn LF,-,sd L cont. turn, fwd R DC;

ENDING

1-4
OP TELEMARK; WHIPLASH; FALLAWAY RONDE & SLIP; FWD,-, RT LUNGE,-;
1 Fwd L comm. LF turn,-, sd R cont LF turn (W heel turn)
sd & fwd L to SCP DW;
2 Thru R (W thru L) to CP,-, point L (W R) to side & hold,-,
3 Ronde L ccw (WR cw) & cross behind R (no weight) to tight SCP,-,
bk L well under body, slip bk sml step R keeping L extended
(W bk R well under body comm. LF turn on ball of R-thighs locked
& L leg extended, fwd L slip LF) to LOD;
4 Fwd L,-, Fwd & sd R-relax rt knee with head to rt,-;
(W bk R,-, sd & bk L head to L,-)

NOTE
On meas 16 Part A, a (back) Rising Lock may be substituted for the
Feather finish. The Phase rating will become IV+2