ISN'T IT A LOVELY DAY

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MUSIC: “Isn't It A Lovely Day” Ella Fitzgerald Almost Forever vol.2 3:28 Amazon.com

RHYTHM: FOXTROT RAL PHASE  5+2  [same foot lunge, three fallaways]

FOOTWORK: Opposite unless otherwise indicated  SPEED: slowed 3% adjust for comfort

TIMING: SLOW QUICK QUICK unless otherwise indicated.


INTRO

1-4  WAIT; WLK 2; ROLL LADY ACROSS; FEATHER;

ss  1 Left half open LOD lead ft free wait;

qqq  2 [ROLL LADY ACROSS] bk L, cl R, f wd L leading W to roll across,- (W f wd R comm RF trn in front of M, f wd L cont RF trn, sd & bk R to half op,-);

ssqq  3 [FEATHER] f wd R,-, f wd L, f wd R outsdt ptr (W f wd L comm LF trn twd ptr,-, sd & bk R, bk L);

PART A

1-4  HOVER TELE; THRU TO HINGE; SVWL TO SAME FT LUNGE; REC TO L WHISK;

ss  1 [HOVER TELE] I BJO pos LOD f wd L blending to CP,-, diag sd & f wd R rising w/sl RF trn 1/4, f wd L (W bk R,-, diag sd & bk L with hovering action turning 1/4 RF, f wd R) end SCP DLW;

qqq  2 [THRU TO HINGE] f wd R trng LF,-, sd & f wd L, lower into L knee (W f wd L trng LF, f wd & sd R cont LF trn, XLIB of R lowering & point R ft twd RLOD);

ssqq  3 [SVWL TO SAME FT LUNGE] rec on R,-, rise trn upper bdy RF & lower into R knee,- (W rec R rise & swvl RF to fc ptr,-, cont swvl RF & lower into R knee extending L twds LOD,-);

ss(ssqq)  4 [REC TO L WHISK] rec f wd L,-,XLIB of L ball flat,-(W rec f wd L,-, sd R, XLIB of R);

5-8  UNWIND IN 4; FWD R LUNGE & SLIP;; DRAG HESIT;

qqqq  5 [UNWIND IN 4] trn RF on ball of R & heel of L, cont RF trn, cont RF trn, change weight to R foot (W f wd R moving CW arnd M, f wd L, f wd R, f wd L) end CP DLW;

ssqq  6-7 [FWD R LUNGE & SLIP] f wd L,-, f wd R w/relaxed knee & L sd stretch,-(W bk R,-, bk L w/relaxed knee & L sd stretch,-); rec L rolling 1/4 RF,-, slip bk R,-(W rec R rolling 1/4 RF,-, slip f wd R,-) end CP DLW;

ss  8 [DRAG HESIT] f wd L comm LF trn,-, sd R cont LF trn, draw L to R (W bk R comm LF trn,-, sd L cont LF trn, draw R to l) end BJO DRC;

9-12  OP IMPETUS; NATL HOVER CROSS OVERTRN TO;; TOP SPIN;

qqqq  9 [OP IMPETUS] bk L trng RF,-, cl R to L cont trn, f wd L (W f wd R comm RF trn,- f wd L moving across in fnt of M brushing R to L, f wd R) end SCP DLW;

qqqqqq  10-11 [NATL HOVER CROSS OVERTRN] f wd R comm RF trn,-, sd L w/L sd stretch, cont RF trn sd R (W f wd L comm RF trn,- f wd R cont RF trn, cont RF trn sd L) end SCAR pos DLC; f wd L outsdt ptr, rec R, sd & f wd L w/sl L sd lead comm LF trn, f wd R to BJO DRC;

qqqq  12 [TOP SPIN] bk L in BJO, bk R trng 1/8 LF, sd & f wd L with L sd stretch, f wd R to BJO (W f wd R, f wd L trng 1/8 LF, sd & bk R with R sd stretch, bk L to BJO) end DLW;

13-16  3 STEP; OPEN NATL; OUTSD SPIN; BK CHASSE SCP;

13  [3 STEP] blending to CP f wd L,-, f wd R, f wd L;

14  [OPEN NATL] f wd R comm RF trn,-, sd L across LOD, cont RF trn bk R to BJO DRC ( bk L comm RF trn,-, cl R to L cont trn, f wd L outsdt ptr to BJO pos);
PART A (cont)

sqq 15 [OUTSD SPIN] bk L in BJO comm RF trn, fwd R heel to toe cont RF trn, bk L to CP DRW (fwd R heel to toe comm RF spin, cl L on toe cont RF spin, fwd R between M’s feet to CP);

sq&q 16 [BK & CHASSE SCP] bk R comm LF trn, sd L/cl R, sd & fwd L (W fwd L trng LF, sd R/cl L, sd & fwd R) end SCP trail ft free;

BRIDGE

1-2 I & O RUNS::;

1 In SCP trail foot free fwd R comm RF trn, sd & bk L to CP, bk R to BJO (W fwd L, fwd R between M’s fee, fwd L outsd ptr to BJO);

2 Bk L trng RF, sd & fwd R between ptr’s feet cont RF trn, fwd L to SCP (W fwd R comm RF trn, fwd & sd L cont RF trn, fwd R to SCP);

PART B

1-4 WHIPLASH TO BJO; BK HOVER SCP; NATL PREP FOR; SAME FT LUNGE;

ss 1 [WHIPLASH TO BJO] thru R, trng sl RF point L & hold (W thru L, swivel LF on L to BJO & pnt R, hold);

2 [BK HOVER SCP] bk L comm RF trn, bk & sd R w/hoverg action cont RF bdy trn, rec fwd L (W fwd R comm RF trn, fwd & sd L w/hoverg action cont RF bdy trn, rec fwd R) end SCP LOD;

3 [NATL PREP FOR] thru R comm RF trn across LOD, fwd & sd L cont RF trn w/spin on L foot to fc COH, tch R to L (W thru L comm RF trn, fwd R between M’s feet cont to trn RF, swvl LF on R sd & bk L sd & bk L);

s 4 [SAME FOOT LUNGE] looking R sd & sl fjd R lowering to extend L, (W bk R well undr body lowering to extend L & trng bdy LF looking to left,)

5-8 HOVER OUT TO BJO; TWIST VINE 4; SLOW OUTSD SWVLS; OUTSD CHNG SCP;

qqq 5 [HOVER OUT TO BJO] comm to rise leading W out of same ft lunge pos, fwd L w/rise, bk R (W fwd L, fwd R w/rise comm LF trn swvling on R, sd & fwd L) end BJO pos DRC;

6 [TWIST VINE 4] lead ft free bk L, sd & bk R, comm sl RF upper bdy trn XLIF of R, sd & bk R to end BJO DRC;

ss 7 [SLOW OUTSD SWVLS] bk L leading W to swvl RF to SCP RLOD, fwd R leading W to swvl LF back to BJO;

8 [OUTSD CHNG SCP] bk L, bk R trng LF, sd & fwd L (W fwd R outsd ptr, fwd L trng LF, sd & fwd R) end SCP DLW;

9-12 FEATHER; THREE FALLAWAYS W/FEATHER ENDG;;;

9 [FEATHER] REPEAT MEAS 4 INTRO to end DLC;

qqqqq 10-12 [THREE FALLAWAYS W/FEATHER ENDG] fwd L trng LF, sd R, XLIB of R in fallaway pos feg RLOD, bk R trng LF to CP; sd & fwd L, cross R well behind L to RSCP, fwd L trng LF, sd R; XLIB of R to SCP, fwd R, fwd L, fwd R outsd ptr (W bk R trng LF, sd L, XRIB of L to SCP, fwd L trng LF & slipping to CP; sd & bk R to RSCP, cross L well behind R to RSCP, bk R trng LF, sd L; XRIB of L to SCP, fwd L comm LF trn, sd & bk R, bk L);

13-16 CHNG OF DIR; REV WAVE CK & WEAVE;;;

ss 13 [CHNG OF DIR] fwd L blend to CP, fwd R w/R shldr lead comm LF trn, draw L to R to end DLC;

sqq 14-16 [REVERSE WAVE CK & WEAVE] fwd L comm LF bdy trn, sd R DRC, bk L (W bk R comm LF bdy trn, cl L to R heel trn, fwd R in CP); ck bk R undr body, fwd L comm LF trn, sd R w/sl trn; bk L cont LF trn, bk R cont trn, sd & fwd L, fwd R outsd ptr to BJO/DLW (W fwd R outsd ptr, fwd L to momentary CP, cont LF trn, sd & bk R, bk L);
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REPEAT PART A

PART C

1-4 WALK 2; ROLL LADY ACROSS; WALK 2; ROLL LADY ACROSS;
ss 1 [WALK 2] in SCP LOD trail ft free fwr R, fwr L;
qqs 2 [ROLL LADY ACROSS] bk R, cl L, fwr R leading W to roll across in front of M, (W fwr
L comm LF trn in front of M, fwr R cont LF trn, sd & bk L to LOP,);
ss 3 [WALK 2] REPEAT MEAS 1 INTRO;
ss(qqs) 4 [ROLL LADY ACROSS] REPEAT MEAS 2 INTRO;

5-8 I & O RUNS;; CHAIR & SLIP; DRAG HESITATION;

5-6 [I & O RUNS] REPEAT MEAS 1 & 2 BRIDGE;;

7 [CHAIR & SLIP] in SCP LOD check thru R with lunge action, rec L, w/sl LF upper bdy trn slip
RIB of L to CP DLC (W check thru L with lunge action, rec R, swvl LF on R and step fwr L
outside M's R foot to CP;

8 [DRAG HESITATION] REPEAT MEAS 8 PART A;

REPEAT PART A (9-16)

REPEAT PART B

END

1-10 HOVER TELE; WALK 2; ROLL LADY ACROSS; WALK 2; ROLL LADY ACROSS; I & O RUNS;;

NATL PREP FOR; SAME FT LUNGE; REC CL & X LINE;

1 REPEAT MEAS 1 PART A;

2-7 REPEAT MEAS 1-6 PART C;;;;;;

8-9 REPEAT MEAS 3 & 4 PART B;;

sqq 10 Rec fwr L, close R to L, lower and both extend L leg to side;

QUICK CUES

INTRO wait 1 meas; wlk 2; roll lady across; feather;

PART A hover tele; thru to hinge; swvl to same ft lunge; rec to L whisk;
Lady unwind M in 4; fwr R lunge; roll & slip; drag hesitation;
Impet semi; natl hover cross overturn for top spin;;;
3 step; op natl; outside spin; bk & chasse SCP;

BRIDGE in and out runs;;;

PART B thru whiplash BJO; bk hover semi; prep for same ft lunge;;
Hover out to BJO; twist vine 4; outside swvls; outsd chng semi;
Feather; 3 fallaways with feather ending;;;
Chng of dir; Rev wave ck & weave;;;

PART C wlk 2; roll lady across; wlk 2; roll lady back;
in and out runs;; chair & slip to CP; drag hesitation;

REPEAT A

REPEAT B

END hover tele; wlk 2; roll lady across; wlk 2; roll lady back;
I & O runs;; natl prep for; same ft lunge; rec cl & X line;