ONCE A DAY

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Music: Connie Smith - Album: The Essential Connie Smith, Track 1
Available as a download from several sources
Footwork: Opposite, directions for man except as noted (W’s in parentheses)
Rhythm: Two Step   Phase: II + 1 unph [Traveling Scissors]
Speed: 43 or slow for comfort
Sequence: INTRO A B INT A B END    Difficulty level: Easy

INTRODUCTION
1 – 4  WAIT;;  APT – PNT;  PICKUP – TCH;
1-4  [OP fc DLW – lead ft free]  Wait;;  Apt L,-,  pnt R,-;  Cl R lead W to p/u,- tch L,-;

PART A
1 – 4  2 FWD 2-STEPS;;  START TRAVELING SCISSORS;;
1-4  In CP M fc LOD fwd L, cl R, fwd L,-;  Fwd R, cl L, fwd R,-;  Sd L, cl R, XL IFO R,-
   now in SCAR pos M fc DLW;  Fwd R,-, L,-;
5 – 8  FINISH TRAVELING SCISSORS;; HITCH FWD;  HITCH/SCIS THRU;
5-8  Blend to CP fc LOD sd R, cl L, XR IFO L,- now in BJO pos M fc DLC;  Fwd L,-, R,-;
   Fwd L, cl R, bk L,-;  Bk R, cl l, fwd R,- (W fwd & sd L start RF trn, cl R cont RF trn,
   fwd L,-) now temp CP;
9 – 12  CIRC AWAY 2-2 STEPS ;;  STRUT TOG 4 [CP];
9-12  Release ptnr & start LF (W RF) circ fwd L, cl R, fwd L,-;  Fwd R, cl L, fwd R,- now
   fc RLOD;  Fwd L trng to fc ptnr & wall,-,  fwd R,-;  Fwd L,-, fwd R,- now CP;
13 – 16  2 TRNG 2-STEPS;;  2 SD CL;  WALK to CP;
13-16  Sd L, cl R, sd & bk L pivot ½ RF,-;  Sd R, cl L, sd & fwd R pivot ½ RF,-;  Sd L, cl R,
   sd L, cl R;  Blend to SCP fwd L,-, fwd R blend to CP,-;

PART B
1 – 4  LEFT TRNG BOX;;;
1-4  Sd L, cl R, sd & fwd L trng ¼ LF,-;  Sd R, cl L, sd & bk R trng ¼ LF,-;  Repeat
   Part B – meas 1 &2 end CP M fc wall;;
5 – 8  TWIRL VINE 2;  WALK to OP;  DOUB HITCH;;
5-8  Sd L raise jnd lead hands & lead W to twirl RF,-, XR IBO L cont twirl W RF,- (W
   sd & fwd R twirl RF under jnds lead hnds,-,  sd & bk L comp RF twirl,-);  Fwd L,-,
   fwd R blend to OP fc LOD,-;  Fwd L, cl R, bk L,-;  Bk R, cl l, fwd R,-;
9 – 12  VINE APT 3;  VINE TOG to BFLY;  FC to FC;  BK to BK;
9-12  Release ptnr sd L, XR IBO L, sd L,-;  Sd R, IL IBO R, sd L blend to BFLY,-;  Sd L,
   cl R, sd & fwd L release trng hnds & trn to bk to bk pos,-;  Sd R, cl L, sd & fwd R
   trng to BFLY pos,-;
13 – 16  BASKETBALL TRN;;  LIMP 2;  WALK to CP; [2. WALK to BFLY;]
13-16  Sd L,-, rec R trng ¼ RF,- end OP fc RLOD;  Sd & fwd L release hnds & trng ¼
   RF,-,  rec R trng ¼ RF,- end BFLY fc ptnr & wall;  Sd L, XR IBO L, sd L, XR IBO L;
   Sd & fwd L blend to temp OP,-, fwd R blend to CP,-; [2nd time blend to BFLY]
INTERLUDE

1 – 4 TRAVELING BOX to P/U;

1-4 Sd L, cl R, fwd L,-; Blend to RSCP to RLOD fwd R,-, L,-; Blend to CP sd R, cl L, bk R,-; Blend to SCP to LOD fwd L,-, fwd R leading W to P/U,-;

REPEAT PART A

REPEAT PART B [ending in BFLY]

ENDING

1 – 4 BASKETBALL TRN;; TWIRL VINE 2; APT & PNT;

1-4 Repeat Part B meas 13 & 14;; Repeat Part B meas 5; Apt L,-, pnt R,-;