ONCE A DAY

Music: Connie Swith
Cdniverse.com The Essential Connie Smith
Track # 1 Time 2:17 Slow down w/ -7%
Available from choreographer

Rhythm: Foxtrot Phase: V
Footwork: Opposite except where (Noted)
Release Date: Oct 2014
Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium
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Sequence: INTRO AB BRIDGE AB* END

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INTRO

CP DLC LEAD FOOT FREE START AFTER 2 GUITAR NOTES

01-04 DIAMOND TURN 1/2 ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;
[DIAMOND Turn 1/2] Fwd L, -, trng ¼ LF sd R, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to RDW ; [Qk Diamond 4] [QQQ] Fwd L stg to trn LF, sd R contg LF trn, bk L compg 1/4 LF trn to BJO DLW, bk R to CP LOD ; [Dip Bk & Rec] [SS] Bk L w/ flexed knee, -, rec R, -;

PART A

01-04 TELEMARK to SCP ; HOVER FALLAWAY ; BACK WHISK ; THRU DOUBLE LILT ;
[Telemark to SCP] Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & slty fwd R) to SCP DLW ; [Hover Fallaway] Fwd R, -, fwd L risg & ckg, rec R to SCP DLW ; [Bk Whisk] Bk L, -, bk & sd R, XLib (W XLib) to SCP LOD ; [Double Lilt] [S&S&S] Thru R, cl L risg but keepg knees bent, thru R, cl L risg but keepg knees bent to SCP LOD ;

05-08 OP NATURAL ; BACK TWISTY VINE 4 ; IMPETUS to SCP ; THRU VINE 4 ;
[OP Natural] Thru R comm RF trn, -, fwd & sd L cont RF trn to CP, bk R w/R sd lead (W thru L, -, fwd R, fwd L) to BJO ; [Bk Twisty Vine 4] [QQQ] Back L in BJO, sd R trng to SCAR, forward L in SCAR, sd & bk R trng to BJO ; [Impetus to SCP] Bk L comm RF trn, -, cl R heel trn, fwd L (W fwr fwr btw M’s ft heel to toe pvt ½ RF, -, sd & fwr L cont trn arnd M brush R to L, fwr R) to SCP LOD ; [Thru Vine 4] [QQQQ] XLib (W XLib), sd L fcg ptr, XLib (W XLib), sd L to SCP LOD ;

09-12 IN & OUT RUNS ; PROMENADE WEAVE ;
[In & Out Runs] Trng RF fwr R, -, sd & bk L, bk R (W fwr L, -, fwr R between M’s ft, fwr L) to BJO RLOD ; Trng RF bk L, -, contg trn fwr R between W’s ft, sd & fwr L (W trng RF F wrd, -, cont trn sd L in frt of M, cont trn fwrd & sd R) to SCP DLC ; [Promenade Weave] [QQQ] Fwr L, -, fwrd L stg LF trn, contg trn sd & bk R (W fwr L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwrd & sd L) to BJO LOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwrd L twd DLW, fwr R (W fwrd R outside ptr, fwrd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L) to BJO DLW ;

13-16 CHANGE of DIRECTION ; REVERSE WAVE 3 to CHECK & WEAVE ;
[Chng of Direction] [SS] Fwr L, -, fwrd & sd R trng LF 1/4, draw L to CP DLC ; [Reverse Wave 3 to Check & Weave] Fwd L comm LF trn, -, sd R trng LF (W heel trn), bk L twd DLW to CP DRC ; [SSQQQQ] Check bk R, -, rec L, sd R trng 1/8 LF ; Bk L w/ R shldr ld to BJO trng 1/8 LF, bk R to CP contg to trn LF, sd & fwr L contg trn, fwrd R to BJO DLW ;

PART B

01-04 HOVER TELE ; NATURAL WEAVE ; THREE STEP ;
[Hover Tele] Fwd L, -, fwr & sd R rising & trng 1/8 RF, sd & fwr L to SCP LOD ; [Natural Weave] [SSQQQQ] Fwrd R trng LF, -, sd L, bk R (W fwrd L, R, L) to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn sd L, fwrd R to BJO DLW ; [Three Step] Fwrd L, -, sd & fwr R between W’s ft, fwrd L ;
05-08  OP NATURAL : CLOSED IMPETUS : FEATHER FINISH : DOUBLE REVERSE spin to DLW ;

[OP Natural] Fwd R between W’s feet trng RF, -, sd L twd Wall, bk R with right shoulder lead BJO (W bk L, -; cls R heel turn, fwd L outside M to BJO); [Closed Impetus] Commg RF upper bdy trn bk L, -; heel trn on L & cl R, sd & bk L (W commg RF upper bdy trn fwd R btw M’s ft, -; sd & fwd L contg RF trn arnd M, brush R to L & fwd R btw M’s ft) to CP DLW; [Feather Finish] Bk R, -, bk & sd L trng ¼ LF, fwrd R to BJO DLC; [Dbi Reverse Spin] [M 1.2/W1.2.3&] Fwd L com to trn LF, -; sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (W bk R stg to trn LF, -, cl L to R [heel trn]/sd & slightly bk R cont LF trn, XLIlt) to CP DLW;

09-12  WHISK ; WHISK in 4 ; THRU SIDE BEHIND ; ROLL 3 to SCP ;

[Whisk] Fwd L, -, sd & fwrd R, XLib (W XRib) to SCP DLC; [Whisk in 4] [QQQQ] Thru R in SCP, trng twd ptr cl L to CP WALL, sd R, XLib (W XRib) to SCP LOD; [Thru Sd Behind] Thru R, -, sd L, XRib (W XRib) to mom LOP RLOD; [Roll 3 to SCP] Bk & sd L stg LF roll twd LOD, -, cont trn on ball of L ft & cl R, cont roll sd & fwrd L to OP slight V LOD;

13-16  CURVED FEATHER ; DOUBLE OUTSIDE SWIVEL ; WEAVE ENDING ; CHANGE of DIRECTION ;

* 2nd TIME : THREE STEP :  

[Curved Feather] Fwd R stg RF trn, -, cont RF trn sd & fwr L, cont upper bdy RF trn fwr R outsd W (W small fwr L, sd & bk R, bk L) to BJO DRW ckg; [Double Outsd Swivel] [SS] Bk L Xg Rif w/ no wgt, -, fwrd R (W fwrd R & swvl ½ RF to SCP DRC, -; fwr L & swvl LF ½) to BJO DRC, -; [Weave Ending] [QQQQ] Bk L, trng LF & blendg to CP bk R, sd & fwr L, fwr R to BJO DLW;

[Chng of Direction] Repeat meas 13 Part A;

*2ndTime  [Three Step] Repeat meas 4 Part B ;

BRIDGE

01-04  DIAMOND TURN ½ ; ; QUICK DIAMOND 4 ; DIP BACK & RECOVER ;

[Diamond Turn] Repeat meas 1.2 Intro ; ; [Qk Diamond 4] Repeat meas 3 Intro ; [Dip Bk & Rec] Repeat meas 4 Intro ;

ENDING

01-05  CURVED FEATHER ; DOUBLE OUTSIDE SWIVEL ; WEAVE ENDING ; CHANGE of DIRECTION INTO A BACK CORTE ;;

[Curved Feather] Fwd R outside W start RF trn, -, with L sd stretch cont RF trn sd & fwr L, cont upper body trn with L sd stretch fwr R checking outside W fc DRC (W bk L start RF trn, -, trn with R sd stretch sd & bk L, cont upper body trn sm bk L) to BJO DRC; [Double Outsd Swivel] Repeat meas 14 Part B ; [Weave Ending] Repeat meas 15 Part B ; [Chng of Direction Into a Bk Corte] [SS] Fwd L, -, fwrd & sd R trng LF ½ to DLC, -; [S] Bk L w/ flexed knee & slight upper bdy L trn ;