CHOREO: Bill and Maxine Ross, 19 Castleton Court, Fredericton, NB, Canada E3B 6H3
(506) 455-6538, e-mail: bmross@nbnet.nb.ca  web page http://billmaxineross.com
CD: 2010 Tema International Ltd, CD Title “Michael Jackson Remembered On The Dance Floor” (Artist: Tony Evans) Track 9
“One Day In Your Life” or download from internet site such as ITunes

FOOTWORK: Opposite unless noted (Woman’s footwork in parentheses)  Time: 2:46
RHYTHM: Rumba  RAL PHASE V
DEGREE OF DIFFICULTY: AVERAGE

MEAS:  INTRODUCTION

1-4  SHADOW WALL WAIT 1 MEAS: 3 SWEETHEARTS;; LADY TURNS TO FACE;
1  Wait in SHADOW WALL w/ trail ft free;
2  {Sweetheart} SHADOW WALL Ck fwd R with left sd lead into contra check action, rec L straightening body, sd R to LEFT SHADOW WALL (W bk L with rt sd lead in contra check action, rec R straightening body, sd L), -;
3  {Sweetheart} Ck fwd L with right sd lead into contra check action, rec R straightening body, sd L to SHADOW WALL (W bk R with left sd lead in contra check action, rec L straightening body, sd R), -;
4  {Sweetheart Lady Turns to fc} Ck fwd R with left sd lead into contra check action, rec L straightening body, sd R to fc WALL (W bk L with rt sd lead in contra check action, rec R trn RF, cont RF trn sd L to fc COH), -;

PART A

1-4  1/2 BASIC; NATURAL TOP; CLOSED HIP TWIST; FAN;
1  {1/2 Basic} LOP-FCG WALL Fwd L, rec R, sd L to CP DRW, -;
2  {Natural Top} CP DRW XRib trn RF, sd L trn RF, cl R to CP WALL (W sd L trn RF, XRif trn RF, sd L), -;
3  {Closed Hip Twist} Give W slight L sd lead with R sd stretch to open her out rk sd & slightly fwd L, rec R with slight R sd lead to lead W to close, cl L with slight L sd lead to trn W end with slight R sd stretch (W with slight L sd stretch trn RF 1/2 bk R, rec L trn LF 1/2, sd R small step swivel 1/4 RF tch L to R with slight L sd stretch), -;
4  {Fan} Bk R, rec L, sd R facing WALL (W fwd L, fwd R trn LF 1/2 to face RLOD, bk L leave R extended fwd), -;

5-8  STOP & GO HOCKEY STICK;; BEGIN ALEMANA; AIDA;
5-6  {Stop & Go Hockey Stick} Ck fwd L, rec R raise left arm to lead W to LF trn, cl L (W cl R, fwd L, fwd R trn 1/2 LF under joined hnds to end at M right sd), -; Ck fwd R with left sd stretch shape to ptr right hnd on W left shldr blade to ck her mvt, rec L raise left arm to lead W to RF trn, cl R (W ck bk L, rec R, fwd L trn 1/2 RF under joined hnds to face RLOD in fan position), -;
7  {Begin Alemana} Fwd L, rec R, cl L lead W to turn RF (W cl R, fwd L, fwd R commence RF swivel to fc M), -;
8  {Aida} Thru R to LOD & begin to trn RF (W thru L to LOD & begin to trn LF), sd L cont RF trn, bk R to V bk-to-bk pos with lead hands joined, -;

9-12  SWITCH CROSS; SIDE WALKS TO CP; LATIN WHISK; CUCARACHA;
9  {Switch Cross} Trn LF to fc ptr sd L check bring ld hands thru, rec R, XLif trn LF to BFLY WALL, -;
10  {Side Walks to CP} BFLY WALL Sd R, cl L, sd R to CP WALL, -;
11  {Latin Whisk} CP WALL XLif, rec R, sd L to CP WALL (W L Rib, rec L, sd R), -;
12  {Cucaracha} CP WALL Sd R w/ partial wgt, rec L, cl R (W Sd L w/ partial wgt, rec R, cl L), -;

PART B

1-5  OPEN BREAK; SPOT TURN; OPEN HIP TWIST; PARALLEL BREAKS;
1  {Open Break} Rk apt L to LOP-FCG extend right (W left) arm up with palm out, rec R lowering arm, sd L, -;
2  {Spot Turn} XRif (W XLif) trn 1/2 LF (W RF), rec L cont trn to face ptr, sd R to LOP-FCG WALL, -;
3  {Open Hip Twist} LOP-FCG Ck fwd L, rec R, cl L (W bk R, rec L, fwd R with tension in R arm which causes W to swivel 1/4 RF on “&” count to face LOD), -;
4-5  {Parallel Breaks} L Pos M fc WALL R hnds joined Bk R ld W across in frnt of M, rec L stg 1/4 LF trn, sd & fwd R comp trn to fc LOD (W fc LOD fwd L, fwd R stg 1/2 LF trn on ball of R, sd & bk L comp trn to fc WALL), -; Fwd L, fwd R stg 1/2 LF trn on ball of R, sd & bk L comp trn to fc WALL (W bk R ld M across in frnt of L, rec L stg 1/4 LF trn, sd & fwd R comp trn to fc LOD), -;
PART A (cont.)

6-8  FAN; HOCKEY STICK;;
7-8  {Fan} Bk R, rec L, sd R facing WALL (W fwd L, fwd R trn LF 1/2 to face RLOD, bk L leave R extended fwd), -;
8-9  {Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Bk R, rec L, fwd R following W to LOP-FCG DRW (W fwd L, fwd R trn LF under joined lead hands to face ptr, sd & bk L), -;

9-10  ALEMANA;;
9-10  {Alemana} LOP-FCG DRW Fwd L, rec R, cl L leading W to trn RF (W bk R, rec L, sd R commence RF swivel), -; Bk R, rec L, sd R to LOP-FCG WALL (W cont RF trn under ld hnds fwd L, cont trn fwd R, sd L), -;

PART C

1-4  CROSS BASIC FC COH;; FWD BASIC TO BFLY; BACK BASIC;
1-2  {Cross Body fc COH} CP WALL Fwd L, rec R, sd L trn LF ft fc LOD body fc DLW (W bk R, rec L, fwd R to a L pos W fc COH), -; Bk R cont LF trn, sm fwd L, sd & fwd R to CP COH (W fwd L stg LF trn, fwd R trn 1/2 LF end R ft bk, sd & bk L to fc WALL), -;
3-4  {Fwd Basic to BFLY} CP COH Fwd L, rec R, bk L to BFLY COH, -;
4-5  {Back Basic} BFLY COH Bk R, rec L, fwd R, -;

5-6  CHASE WITH UNDERARM PASS;;
5-6  {Chase with Underarm Pass} BFLY COH Fwd L stg 1/2 RF trn keep ld hnds joined, rec R to fc WALL, fwd L (W bk R keep ld hnds joined, rec L, fwd R twd M L sd), -; Bk R raise ld hnds, rec L, sd R to LOP-FCG WALL (W fwd L, fwd R trn 1/2 LF under ld hnds to fc M, sd L), -;

ENDING

1-4  1/2 BASIC; FULL NATURAL TOP;;
1-2  {1/2 Basic} LOP-FCG WALL Fwd L, rec R, sd L to CP DRW, -;
3-4  {Full Natural Top} CP DRW XRib trn RF, sd L trn RF, XRib trn RF, -; Sd L trn RF, XRib trn RF, sd L trn RF,-; XRib trn RF, sd L trn RF, cl R to CP WALL having completed 1 7/8 trn over 3 measures (W Sd L trn RF, XRif trn RF, sd L trn RF, -; XRif trn RF, sd L trn RF, XRif trn RF, -; Sd L trn RF, XRif trn RF, sd L), -;

5  CUDDLLE;
5  {Cuddle} Give W slight left sd ld to open her out sd L & extend L arm to sd, rec R, cl L place L hnd on her back (W trn RF 1/2 bk R & extend R arm to sd, rec L trn LF, fwd & sd R to face M & put R hnd on M L shldr), -;
<table>
<thead>
<tr>
<th>AB</th>
<th>AC</th>
<th>AC</th>
</tr>
</thead>
<tbody>
<tr>
<td>WAIT</td>
<td>3 SWEETHEARTS</td>
<td>LADY TURNS TO FACE</td>
</tr>
</tbody>
</table>

A 1/2 BASIC | NATURAL TOP
CLOSED HIP TWIST | FAN
STOP & GO HOCKEY STICK | ----

BEGIN ALEMANA | AIDA
SWITCH CROSS | SIDE WALKS TO CP
LATIN WHISK | CUCARACHA

B OPEN BREAK | SPOT TURN
OPEN HIP TWIST | PARALLEL BREAKS
---- | FAN
HOCKEY STICK | ----
ALEMANA | ----

C CROSS BASIC FC COH | ----
FWD BASIC TO BFLY | BACK BASIC
CHASE WITH UNDERARM PASS | ----

END 1/2 BASIC | FULL NATURAL TOP
---- | ----
CUDDLE |

R5-1 ONE DAY IN YOUR LIFE (ROSS)
(SHADOW WALL TRAIL FOOT FREE)