

A GOOD DAY

CHOREO: Jim & Marianne Senecal with John Bucholz Dayton Ballroom Studio
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CD Casa Musica Presents The Best Of Ballroom Music Vol. 10 Part 4
DANCE TITLE May Each Day (Of The Year Be A Good Day) Artist Andy Williams
FOOTWORK: (Woman's footwork in parentheses) Time@mpm: 2:44@29.00
RHYTHM: International/American Waltz Phase VI
SEQUENCE: INTRO—A—B—C—A—B (1-3)—ENDING

INTRO

1-2 WAIT 1 MEAS DLC SKIRT SKATERS BOTH L FT POINTED FWD; FWD CHASSE/LADY ROLL TO CP;

- 1 Skirt Skaters DLC L ft free & ptd fwd for both;
 1,2&,3 2 Fwd L, fwd R/L, R [Option Fwd L, Tch R, Fwd R 1,2,3] end CP DLC;
 1,2,3 (2) (Roll LF DLC L,R,L to CP;)

PART A

1-4 THREE FALLAWAYS;;; OPEN FINISH;

- 1 Fwd L trng LF with R sd stretch, sd R cont stretch, XLib of R to SCP cont. stretch;
 2 Bk R trng LF to CP no sway, sd & fwd L with L sd stretch, Xrib of L to RSCP cont. stretch;
 3 Fwd L trng LF blending to R sd stretch, sd R cont stretch, XLib to SCP cont. stretch;
 4 Bk R trng LF, sd & fwd L, Fwd R outside partner to BJO DLW;

5-8 HOVER TELEMAR; OPEN NATURAL; SYNCOPATED OUTSIDE UNDERARM TURN TO BFLY; CONTRA CHECK/W DEVELOPE;

- 5 Fwd L, diag sd & fwd R rising & trng body 1/8 RF leading W to turn SCP, fwd L;
 6 Fwd R, Sd L across line of dance, Bk R to CBMP fcg DRC raising arm preparing to turn W RF;
 1,2&,3 (6) (Fwd L, fwd R between Man's feet, fwd, L to CBMP;)
 7 Bk L leading W to turn RF, RF trng chasse R/cl L, R ending BFLY R hand high L hand low DLC;
 (7) (Fwd R commencing to trn RF under M's L hand, cont trn L/R, L to BFLY fcg DRW;)
 1 8 Start to trn the body LF flexing knees with strong R sd lead check fwd L in CBMP, -, -;
 (8) (Bk R, bring L foot up R leg to inside of R knee, extend L foot;)

9-12 HOVER CORTE; TIPPLE CHASSE; PIVOT 3 DRW; SYNCOPATED BACK LOCK & SLIP LOD;

- 9 Rec R commencing LF trn, sd & fwd L with hovering action, rec bk R in CBMP fcg DRC;
 (9) (Fwd L commencing LF trn, sd & bk R with hovering action, rec fwd L in CBMP fcg DLW;)
 1,2&,3 10 Bk L commencing RF trn, chasse R/cl L cont trn, sd & fwd R LOD cont. trn;
 11 Cont trn sd & bk L to fc RLOD, cont trn sd & fwd R bet W's feet fc LOD, cont trn sd & bk L
 to end fcg DRW;
 1&,2,3& 12 Bk R/lk Lif of R, bk R, bk L/bk R under body trng LF to LOD;

13-16 DOUBLE REVERSE TWICE DLW;;; SLOW BOLERO CONTRA CHECK;;

- 1,2 13-14 Fwd L commencing to trn LF, sd R cont. trn, spin LF on the ball of R foot bringing L foot under
 body beside R no weight change to LOD; Repeat 13 end fcg DLW;
 1,2&,3 (13-14) (Bk R commencing to trn LF, L foot closes to R heel trn cont. trn, sd & bk R cont trn, Xlif of R
 end fcg RLOD, Repeat measure 13 end CP fcg DRC;
 1 15-16 Place W's R hand on L shoulder & start to trn the body LF flexing knees with strong R sd
 lead ck fwd L in CBMP, slowly start to raise L arm, -; Cont to raise L arm over the measure, -, -;
 (15-16) (Start upper body trn to the L flexing knees with strong L sd lead bk R in CBMP looking well L,
 slowly start raising L arm, -; Cont to raise L arm over the measure, -, -;)

PART B

1-4 STANDING SPIN SYNC TO DLW CKG;; SYNC OUTSIDE UNDERARM TRN TO L HANDS JOINED DRW; R LUNGE/W DEVELOPE;

- 1,2,3 1-2 Rec R, circle fwd L, R; Cont, circle L, R/L, R checking taking W's R hand from shoulder
 1,2&,3 preparing to turn W under arms ending DLW 2 revolutions over the 2 measures;
 (1-2) (Rec L, circle fwd R, L; Cont. circle R, L/R, L;)

- 1,2,3 3 Bk L commencing to turn W RF, bk & sd R cont trn, cl L cont trn to DRW with L to L hands jnd;
 1,2&3 (3) (Fwd R starting RF roll, cont roll L/R, L fc DLC taking Man's left hand with your left hand;)
 1 4 Lunge fwd R twd DRW, -, -;
 (4) (Bk R taking skirt in R hand, bring L foot up R leg to inside of R knee, extend L foot;)

**5-8 LADY SYNCOPATED ROLL TO SKIRT SKATERS/M TRANS DLC; TELESPIN ENDING TWICE;;
 LADY ROLL OUT/M TRANS TO HANDSHAKE;**

- 1,2,3 5 Sd L WALL commencing to trn LF leading W to roll LF releasing hands, cl R DLW cont trn, fwd L DLC with partial weight;
 1,2&3 (5) (Fwd L commencing LF free roll, R/L, R ending skirt skaters DLC;)
 -8,2 6-7 -/taking full weight on L spin LF, sd R cont trn, fwd L LOD with partial weight; Repeat measure 6 but end DLW;
 1,2&3 (6-7) (Fwd L commencing to trn LF, fwd R cont. to trn LF/ bring L ft to R for a toe spin changing weight to L, fwd R to fc LOD; Repeat measure 6 but end DLW;
 1,-3 8 Fwd L, tch R, fwd R to a handshake fcg DLW;
 1,2,3 (8) (Fwd L commencing roll LF, cont. roll R, L end fcg DRC;)

9-12 START CROSS HOVERS w/ W's WRAP & UNWRAP 5 TIMES;;;;

- 9-10 NOTE man travels LOD retaining handshake Fwd L, sd R rising, rec L fcg DLC with L arm out to side; Xrif of L, sd L rising, rec R DLW with arm on W's left shoulder;
 (9-10) (Bk R, sd L rising, rec R fc DLC with left arm on M's bk; Fwd L starting to roll LF across M, cont trn R, L to M's left skirt skaters L arm out to sd fcg DLW;)
 11-12 Xlif of R, sd R rising, rec L DLC with L arm out to side; Xrif of L, sd L rising, rec R DLW with L arm on W's left shoulder;
 (11-12) (Fwd R commencing to roll RF, cont roll L, R to skirt skaters fcg DLC L arm beh M's bk; Fwd L commencing to roll LF across M, cont roll R, L to M's R sd L arm out to sd fcg DLW;)

13-16 FINISH CROSS HOVERS; PICKUP TO BJO DLC; WEAVE TO BJO;;

- 13-14 Xlif of R, sd R rising, rec L DLC; Fwd R, L, fwd R to BJO DLC;
 (13-14) (Fwd R commencing to roll RF, cont roll L, R to skirt skaters fcg DLC L arm beh M's bk; Fwd L folding in front of M, dropping skirt bk R, bk L;)
 15-16 Fwd L, fwd R trng LF, sd & bk L; Bk R, bk trn LF L, sd & fwd R end DLW;

PART C

1-4 HOVER TELEMAR; CURVED FEATHER; DOUBLE OPPOSITION POINTS;;

- 1 Repeat measure 5 Part A;
 2 Fwd R in CBMP commencing RF trn with L sd stretch, cont R trn sd & fwd L, fwd R outside W in CBMP fcg DRW;
 (2) (Fwd L commencing RF trn with R sd stretch, sd & bk R with R shoulder lead, bk L in CBMP;)
 1 3-4 Bk L, draw R to L leading W to swivel RF, flexing L knee extend R sd & bk with L sway looking DRW; Rising on L draw R to L, cl R commencing LF trn, cont. LF trn to fc DLW flex R knee extending L sd & bk twd DLC with R sway looking DRW;
 -2
 1 (3-4) (Fwd R swiveling RF on R draw L to R, flexing R knee extend L thru twd DRW with R sway looking DRW; Rising on R rec L, commencing LF trn cl R, cont trn flex R knee extend L sd & bk twd DRW with L sway;)
 1,2

**5-8 LINK TO SCP; FWD CHASSE/W ROLL TO SKIRT SKATERS; SHADOW RIGHT TURN;
 SYNCOPATED OUTSIDE UNDERARM TRN TO SKIRT SKATERS DLC;**

- ,-,3; 1,2&3 5-6 Lose sway & rise on R, tch L, fwd L SCP DLW; Fwd R leading W to roll LF, sd L/cl R, fwd L DLW;
 -2,3; 1,2,3 (5-6) (Lose sway & rise on R, cl L, fwd R; Roll LF L, R, L to skirt skaters DLW;)
 7 Same Footwork Fwd R commencing RF trn, sd L cont trn, bk R fc RLOD raising L arm preparing to trn W RF;
 1,2,3 8 Bk L commencing RF trn trng W RF under L to L hands, cont trn sd R/cl L, sd & fwd R to fc DLC;
 1,2&3 (8) (Bk L commencing RF trn under M's L hand, cont trn sd R/cl L, sd & fwd R to fc DLC in skirt skaters;)



9-12 LEFT TURNS TWICE;; PICKUP TO CP/M TRANS; 1 LEFT TURN;

- 9 Fwd L commencing LF trn, sd R cont trn, bk L fc RLOD;
- 10 Bk R commencing LF trn, sd L cont trn, fwd R fc LOD;
- 1,-,3 11 Fwd L, tch R to L, fwd R;
- 1,2,3 (11) (Fwd L folding in front of M, bk R, bk L;)
- 12 Fwd L commencing LF trn, sd R diag across line of progression, cl L to fc RLOD;

13-16 BK CHASSE TO SCP DLW; WHIPLASH TO BJO; OUTSIDE SWIVELS; QK FEATHER FINISH;

- 1,2&3 13 Bk R commencing LF trn, sd L/cl R, sd & fwd L to SCP DLW;
- 1 14 Thru R raising R hip to partner, with no trn pt L fwd DLW, -;
- (14) (Thru L, swivel on L to fc partner, cont trn to BJO & pt R sd & bk;)
- 1.2 15 Bk L to CBMP drawing R to L, maintain CBMP fwd R checking DLW, -;
- (15) (Fwd R swiveling RF, fwd L swiveling LF to BJO, -;)
- 16 Bk L, Bk R trng LF, sd & fwd L, fwd R outside partner in CBMP;

REPEAT A

REPEAT B 1-3

ENDING

1-4 R LUNGE/W DEVELOPE; W ROLL TO OVERHEAD HINGE;; CHANGE TO SAME FOOT LUNGE;

- 1 1 NOTE: music starts to retard lunge fwd R DRW, -, -;
- (1) (Bk R bringing R arm up, bring L foot up beside R knee, extend L foot;)
- 1,2,-; 1 2-3 Maintain L to L hands raise hands to lead W to roll LF rec L, cont to raise hand up above the head cl R, -; Sd L fc DLW, -, -;
- 1,2&,3; 1 (2-3) (Fwd L commencing LF roll, cont roll sd R/cl L, cont trn sd & bk R 1 1/4 trn over measure; Bk L to fc RLOD with R arm beh M's back, -, -;)
- , -, 3 4 Rise on L bringing the L to L hands beh head & release, tch R, slide R sd & fwd to CP DLW;
- 1,2,3 (4) (Rec R swiveling RF to fc, small sd L cont. swivel to fc DLC starting to sliding L arm down M's shoulder, bk R under body head well to the left;)

5-7+ TELEMARK TO A THROWAWAY OVERSWAY;; W ROLL OUT/M TRANS; R LUNGE WITH ARMS.

- /1,2,3; -,-,-: 5-6 Rotate body bringing W to CP LOD/fwd L commence LF trn, sd R cont. trn, sd & slightly fwd L pointing R foot sd & bk; Develop sway DLW, -, -;
- &1,2,3; -,-,-: (5-6) (Rec L to CP/bk R commence LF trn, cl L [heel trn] cont. trn, sd & fwd R; Swiveling on R relax the L knee and slide the L foot under the body past the R foot and point bk, -, -;)
- ,2,3; 1 7+ Rise on the L, sd R, cl L to fc WALL; Lunge R and extend arms on last beat of music,
- 1,2,3; 1 (7+) (Sd & L commencing a RF roll, cont roll R, L to fc WALL 1 1/4 trn over measure; Lunge R & extend arms to sd,)