

ISN'T IT A LOVELY DAY

PG 1 OF 3

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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.
SEQUENCE: INTRO A BRIDGE B A C A (9-16) B END RELEASED: MAY, 2013

INTRO

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

- 1 Left half open LOD lead ft free wait;
ss 2 [WALK 2] fwd L,-, fwd R,-;
qqq 3 [ROLL LADY ACROSS] bk L, cl R, fwd L leading W to roll across,- (W fwd R comm RF trn in front of M, fwd L cont RF trn, sd & bk R to half op,-);
sqq 4 [FEATHER] fwd R,-, fwd L, fwd R outsd ptr (W fwd L comm LF trn twd ptr,-, sd & bk R, bk L);

PART A

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

- 1 [HOVER TELE] I BJO pos LOD fwd L blending to CP,-, diag sd & fwd R rising w/sl RF trn 1/4, fwd L (W bk R,-, diag sd & bk L with hovering action turning 1/4 RF, fwd R) end SCP DLW;
2 [THRU TO HINGE] fwd R trng LF, -, sd & fwd L, lower into L knee (W fwd L trng LF, fwd & sd R cont LF trn, XLIB of R lowering & point R ft twd RLOD);
ss 3 [SWVL TO SAME FT LUNGE] rec on R,-, rise trng 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(sqq) 4 [REC TO L WHISK] rec fwd L,-,XRIB of L ball flat,-(W rec fwd L,-, sd R, XLIB of R);
5-8 UNWIND IN 4; FWD R LUNGE ROLL & 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 fwd R moving CW arnd M, fwd L, fwd R, fwd L) end CP DLW;
ss ss 6-7 [FWD R LUNGE ROLL & SLIP] fwd L,-, fwd 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 fwd R,-) end CP DLW;
ss 8 [DRAG HESIT] fwd 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;

- 9 [OP IMPETUS] bk L trng RF,-, cl R to L cont trn, fwd L (W fwd R comm RF trn,- fwd L moving across in frnt of M brushing R to L, fwd R) end SCP DLW;
sqq qqqq 10-11 [NATL HOVER CROSS OVERTRN] fwd R comm RF trn,-, sd L w/L sd stretch, cont RF trn sd R (W fwd L comm RF trn,-, fwd R cont RF trn, cont RF trn sd L) end SCAR pos DLC; fwd L outsd ptr, rec R, sd & fwd L w/sl L sd lead comm LF trn, fwd R to BJO DRC;
qqqq 12 [TOP SPIN] bk L in BJO, bk R trng 1/8 LF, sd & fwd L with L sd stretch, fwd R to BJO (W fwd R, fwd 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 fwd L,-, fwd R, fwd L;
14 [OPEN NATL] fwd 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, fwd L outsd 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 feet, 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);

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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 RF on R sd & bk L sd & bk L);
- s* 4 [SAME FOOT LUNGE] looking R sd & sl fwd 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;

- 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;
- qqqq* 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;
- qqqqqq* 10-12 [THREE FALLAWAYS W/FEATHER ENDG] fwd L trng LF, sd R, XLIB of R in fallaway pos fcg 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);

REPEAT PART A

PART C

- 1-4 WLK 2; ROLL LADY ACROSS; WLK 2; ROLL LADY ACROSS;
ss 1 [WLK 2] in SCP LOD trail ft free fwd R,-, fwd L,-;
qqs 2 [ROLL LADY ACROSS] bk R, cl L, fwd R leading W to roll across in front of M,- (W fwd L comm LF trn in front of M, fwd R cont LF trn, sd & bk L to LOP,-);
ss 3 [WLK 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 fwd L outside M's R foot to CP);
ss 8 [DRAG HESITATION] REPEAT MEAS 8 PART A;

REPEAT PART A (9-16)

REPEAT PART B

END

- 1-10 HOVER TELE; WLK 2; ROLL LADY ACROSS; WLK 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;;
sqg 10 Rec fwd 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; fwd 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;;;
REPEAT A
PART C wlk 2; roll lady across; wlk 2; roll lady back;
in and out runs;; chair & slip to CP; drag hesitation;
REPEAT A (9-16)
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;