

## ONCE A DAY

Choreo by: Don & Linda Hichman, 2336 Pine Forest Dr., Gastonia, NC 28056-9237  
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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 ptrn & 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 ptrn & 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 ptrn 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 ptrn & wall; Sd L, XR IBO L, sd L, XR IBO L; Sd & fwd L blend to temp OP,-, fwd R blend to CP,-; [2<sup>nd</sup> 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,-;