

ONCE A DAY

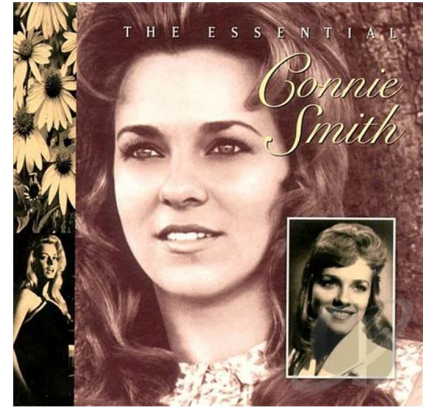
Music: **Connie Swith**
Cduiverse.com The Essential Connie Smith
Track # 1 Time 2:17 Slow down w/ -7%
Available from choreographer

Rhythm: **Foxtrot Phase : V**

Footwork: **Opposite except where (Noted)**

Release Date: Oct 2014
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Sequence: **INTRO AB BRIDGE AB* END**



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**} [QQQQ] 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 & sltly 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 XRib*) to SCP LOD ; {**Double Lilt**} [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 contg RF trn to CP, bk R w/R sd lead (*W thru L, -, fwd R, fwd L*) to BJO ; {**Bk Twisty Vine 4**} [QQQQ] 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 fwd R btw M's ft heel to toe pvt ½ RF, -, sd & fwd L contg trn arnd M brush R to L, fwd R*) to SCP LOD ; {**Thru Vine 4**} [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ;

09-12 IN & OUT RUNS ; ; PROMENADE WEAVE ; ;

{**In & Out Runs**} Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R between M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R between W's ft, sd & fwd L (*W trng RF fwd R, -, contg trn sd L in frt of M, contg trn fwd & sd R*) to SCP DLC ; {**Promenade Weave**} [SQQ;QQQQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (*W fwd L in pick up action, -, sd & bk R trng LF to CP, contg trng on R then fwd & sd L*) to BJO LOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (*W fwd R outside ptr, fwd 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] Fwd L, -, fwd & 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 ; [SQQ;QQQQ] 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 & fwd L contg trn, fwd R to BJO DLW ;

PART B

01-04 HOVER TELE ; NATURAL WEAVE ; ; THREE STEP ;

{**Hover Tele**} Fwd L, -, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; {**Natural Weave**} [SQQ;QQQQ] Fwd R trng RF, -, sd L, bk R (*W Fwd L, R, L*) to BJO DRW ; Bk L, bk R in CP trng LF, contg LF trn sd L, fwd R to BJO DLW ; {**Three Step**} Fwd L, -, sd & fwd R between W's ft, fwd 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, fwd R to BJO DLC ; **{Dbl 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, XLif*) to CP DLW ;

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

{Whisk} Fwd L, -, sd & fwd 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 & fwd L to OP slight V LOD ;

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

*** 2^{de}TIME : THREE STEP ;**

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

{Chng of Direction} Repeat meas 13 Part A ;

*2^{de}Time **{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 & fwd L, cont upper body trn with L sd stretch fwd R checking outside W fc DRC (*W bk L start RF trn, -, cont trn with R sd stretch sd & bk R, 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, -, fwd & sd R trng LF ¼ to DLC, - ; [S] Bk L w/ flexed knee & slight upper bdy L trn ;