

ONE DAY IN YOUR LIFE

Released August 2013

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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 I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 2:46

RHYTHM: Rumba RAL PHASE V

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-A-C-A-C-ENDING

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 XRif 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 XLib, rec R, sd L to CP WALL (W LRib, 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;;

- 6 {**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), -;
7-8 {**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 {**Fwd Basic to BFLY**} CP COH Fwd L, rec R, bk L to BFLY COH, -;
4 {**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 {**1/2 Basic**} LOP-FCG WALL Fwd L, rec R, sd L to CP DRW, -;
2-4 {**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 CUDDLE;

- 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), -;

AB AC AC

WAIT

3 SWEETHEARTS

LADY TURNS TO FACE

A 1/2 BASIC
CLOSED HIP TWIST
STOP & GO HOCKEY STICK

NATURAL TOP
FAN

.....
BEGIN ALEMANA
SWITCH CROSS
LATIN WHISK

AIDA
SIDE WALKS TO CP
CUCARACHA

B OPEN BREAK
OPEN HIP TWIST

HOCKEY STICK
ALEMANA

SPOT TURN
PARALLEL BREAKS

FAN

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

BACK BASIC

END 1/2 BASIC

CUDDLE

FULL NATURAL TOP

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