

MAY EACH DAY BE A GOOD DAY

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Music: "MAY EACH DAY" Artist: Andy Williams Download
Available from Amazon.com Time: 2:55 Rel: 1/23
Footwork: Opposite Unless Noted (W's in Parentheses)
Rhythm: Waltz Phase 3+2 (Telemark – In & Out Runs)
Sequence: Intro-A-A-B-A-End

INTRO

- 1-2 SEMI CP POS DLC WAIT; WALK PU;
1 DLC In Semi Wait;
2 {WALK PKUP} Fwd L to DLC small fwd R(W Fwd R, fwd L trng LF picking up in frt of man to CP;)

PART A

- 1-4 2 LEFT TRNS;; WHISK; WING;
1-2 {2 LEFT TRNS} Fwd L comm 1/4 LF trn, sd R trng 1/4 LF, cl L(W Bk R comm 1/4 LF trn, sd L trng 1/4 to CP cl R); Bk R comm 1/4 LF trn, sd L trng 1/4 LF, Cl R (Fwd L comm 1/4 LF trn, sd R trng 1/4 to CP cl L;)
3 {WHISK}Fwd L to CP, fwd & sd R comm to rise to ball of foot, XLIB of R Cont to full rise (W Bk R to CP, bk & sd L comm to rise on ball of foot, XRIB of L cont to full rise) To Tight SEMI CP POS)
4 {WING} Fwd R, draw L twd R, tch L to R trng upper part of body LF with L sd lead (W Fwd L beginning to XIF of man comm trng slightly LF, fwd R arnd man cont trn slightly LF, fwd L arnd man complete slightly LF trn); to a TIGHT SCAR POS
5-8 TRN L & R CHASSE BJO; BK BK LK BK; IMPETUS; PU TO SCAR;
5 {TRN L & R CHASSE} Fwd L comm LF upper body trn, sd R cont trn/cl , Sd R to complete trn to BJO POS(W Bk R comm LF upper body trn, sd L Cont trn/cl R, sd L to complete trn to BJO);
6 {BK BK LK BK} Bk L, bk R/Lk LIF of R, (W Fwd R, fwd L/Lk RIB of L, fwd L);
7 {IMPETUS SEMI} Flex knee comm upper body trn RF bk L, cl R(Heel Trn), Sd & fwd L (W Flex knee fwd R between man's feet comm. to pivot 1/2 RF, sd & fwd L cont trn arnd man brush R to L, sd & fwd R to SEMI LOD);
8 {PU TO SCAR} Thru R, fwd & sd L with LF upper body trn leading woman To CP, cl R (W Thru L comm LF trn, fwd & sd R in frt of man trng LF to END IN SCAR, CL L);

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9-12 X HOVER BJO; X HOVER S/C; X HOVER BJO; FWD FC CL;

- 9 {X HOVER BJO} Fwd L with slight crossing action comm to rise & begin a $\frac{1}{4}$ LF trn, sd & slightly fwd R cont rise & complete the $\frac{1}{4}$ LF trn to BJO DLC, sd & fwd L (Bk R comm $\frac{1}{4}$ LF trn, sd & slightly bk L cont rise to Complete $\frac{1}{4}$ LF trn, sd & bk R to BJO);
- 10 {X HOVER S/C} Fwd R comm $\frac{1}{4}$ RF trn, sd & slightly fwd L with rise to complete $\frac{1}{4}$ RF trn to SCAR DLW (Bk L comm $\frac{1}{4}$ RF trn, sd & slightly Bk R cont rise to complete $\frac{1}{4}$ RF trn, sd & bk L to SCAR);
- 11 {X HOVER BJO} Repeat Meas 9 of Part A;
- 12 {FWD FC CL} Fwd R trng to fc ptr, sd L, cl R to CP WALL;

13-16 DIP BK; MANUV; SPIN TRN; BOX FINISH;

- 13 {DIP BK} Bk L with relaxed knee,-,-;
- 14 {MANUV} Fwd R comm RF trn, cont trn sd L, cl R(Fwd L fwd R trng to fc Ptr, cl L to end M Fcg RLOD);
- 15-16 {SPIN TRN} Comm RF trn Bk L pivoting $\frac{1}{2}$, fwd R with rise cont trn to DLW, bk L(Comm RF trn fwd R pivoting $\frac{1}{2}$, bk L cont trn brushing R to L, Fwd R); 16 {BOX FINISH}Bk R comm LF trn, cont trn sd L to DLC, cl R (Fwd L comm LF Trn, cont trn sd R, cl L); ***Note: 2nd Time only chg Meas 15 & 16 to OVERSPIN TRN & 1/2 BOX BK;;**

PART B

1-4 HOVER; THRU HOVER BJO; BK HOVER SEMI; PU;

- 1 {HOVER} Fwd L, fwd & slightly sd R with rising action, sd & slightly fwd Fwd L to a tight SEMI CP POS (Bk R, bk & slightly sd L with rising action, Sd & slightly fwd R to SEMI);
- 2 {THRU HOVER BJO} Thru R, fwd L trng $\frac{1}{2}$ with rising action, fwd R (Thru L, fwd R trng $\frac{1}{2}$ with rising action, fwd L to BJO);
- 3 {BK HOVER SEMI} Bk L, sd & bk R with a slight rise, rec L (Fwd R, sd & Fwd L with a slight rise & brush R to L, rec R to SEMI LOD);
- 4 {PU} Thru R, fwd & sd L with LF body tr leading woman to CP, cl R (Thru L comm LF trn, fwd & sd R in frt of man trng LF to CP, cl R);

5-8 TELEMARK; IN & OUT RUNS;; THRU CHASSE BJO;

- 5 {TELEMARK} Fwd L comm LF trn, sd & slightly fwd L (Bk R comm LF trn bringing L beside R with no weight, trn LF on R(Heel Trn) changing weight weight to L, sd & slightly fwd R to SEMI);
- 6-7 {IN & OUT RUNS} Thru R comm RF trn, sd & bk on L to CP, bk R (Fwd L, fwd R between man's feet, fwd L outside of ptr to BJO);Bk L trng RF, sd & fwd R between woman's feet cont RF trn, fwd L (Fwd R begin RF trn, fwd

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[FINISH IN & OUT RUNS] & sd L cont trn, fwd R to SEMI);

8 {THRU CHASSE BJO} Thru R to fc ptr, sd L/cl R, sd & fwd L (Thru L to fc ptr, sd R/cl L, sd & bk R to BJO)

9-12 FWD FWD LK FWD; MANUV; IMPETUS; PU;

9 {FWD FWD LK FWD} Fwd R, fwd L XRIB of L, fwd L;

10 {MANUV} Fwd R comm RF upper body trn, cont RF trn to fc ptr, sd L, cl R (Bk L comm RF upper body trn, cont RF trn to fc ptr sd R, cl L); To End Man fcg RLOD

11 {IMPETUS} Comm RF upper body trn bk L, cl R(Heel Trn) cont RF trn, Complete trn fwd L to tight SEMI(Comm RF upper body trn fwd R between M's feet pivoting $\frac{1}{2}$ RF, sd & fwd L cont RF trn around man brush R to L, Complete trn fwd R);

12 {PU} Repeat Meas 4 of Part B;

13-16 INTERRUPTED BOX; ; ; ;

1-4 {INTERRUPTED BOX} Fwd L, sd R, cl L (Bk R, sd L, cl R); Bk R with slight RF upper body rotation raising lead hnds, sd L leading woman to begin curving RF undr jnd lead hnds, cl R (Fwd L with slight body rotation, curve fwd R comm full RF circle undr jnd lead hnds, curve fwd L); Fwd L, sd R, cl L (Curve fwd R, curve fwd L, fwd R completing full circle); Bk R, sd L, cl R (Fwd L, sd R, cl L); END DLC

Repeat A

ENDING

1-4 2 LEFT TRNS; ; (Music Slows) DIP BK & HOLD; REC TOUCH & HOLD;

1-2 {2 LEFT TRNS} Repeat Meas 1 & 2 of PART A; ;

3 {DIP BK & Hold} Dip Bk L & Hold,-,-;

4 {REC TOUCH & HOLD} Rec R & Hold,-,-;

5-8 TWIRL VINE; THRU FC CL; SD SWAY L & R; ;

5 {TWIRL VINE} M's L & W's R hnds jnd sd L, XRIB, sd L (Sd & fwd R trng R trng $\frac{1}{2}$ RF undr jnd lead hnds, sd & bk L trng $\frac{1}{2}$ RF, sd R); to SEMI LOD

6 {THRU FC CL} Thru R trng to fc ptr, sd L, cl R;

7-8 {SD SWAY L & R} Step sd L (R) with slow sway L,-; Step sd R (L) with sway to R,-;

9-10 CANTER DRAW CL; DIP BK & HOLD;

9 {CANTER DRAW CL} Sd L, draw R to L, cl R,-;

10 {DIP BK & HOLD} Bk L (Fwd R) & Hold,-,-;

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SHIRLEY HEINY

QUICK CUES

INTRO SEMI CP DLC WAIT; WALK PKUP;

A – 2 Left Trns;; Whisk; Wing; Trn L & R Chasse Bjo; Bk Bk Lk Bk; Impetus Semi; PU to SCAR; X Hover Bjo; X Hover to SCAR; X Hover BJO ; Fwd Fc Cl; Dip Bk; Manuv; Spin Trn; Box Finish; *NOTE: 2ND TIME ONLY THRU A CHANGE MEAS 15 & 16 TO “OVERSPIN TRN; $\frac{1}{2}$ BOX BK;

Repeat A

B – Hover; Thru Hover Bjo; Bk Hover Semi; PU; Telemark Semi; In & Out Runs;; Thru Chasse Bjo; Fwd Fwd Lk Fwd; Manuv; Impetus Semi; PU; Interrupted Box;;;

Repeat A

End - 2 LEFT TRNS;; (Music Slows) Dip Bk & Hold,-,-; Rec Tch & Hold,-,-; Twirl Vine; Thru Fc Cl; Sd Sway L & R;; Canter Draw Cl; Dip Bk & Hold,-,-;