DAY IN, DAY OUT

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Record: Special Press BM7-2000 “Day By Day”
Flip - “Uno Amor”

Footwork: Opposite, directions for man (lady as noted)
Phase & Rhythm: Phase IV +1+1 Quickstep
Sequence: Intro, A,B,A,C,A,D Date: 2002

1-4 WAIT 2: (closed pos face DLW lead lead feet free)

PART A

1-8 FORWARD MANEUVER SIDE CLOSE, SPIN TURN,; BACK CHASSE to BANJO, WEAVE 3, BACK BACK/LOCK BACK,; RUNNING
FINISH:

[Fwd Man Sd Cl SSQQ] Fwd L,-, fwd R trn RF,-; sd & bk L trn RF, cl R,
[Spin Trn SSS] trn RF bk L,-; fwd R heel to toe trn RF,-, sd & bk L bkngr DRC cp,-;
[Bk Chasse BioSQQS] Bk R trn LF,-, sd & fwd L to bjo DLC, cl R; sd & fwd L in bjo DLC.
[Bio Weave 3] Fwd R in bjo,-; fwd L trn LF, bk R to bjo bkngr DLW,
[Btn Lks SQQQ] Bk L in bjo no trn bkngr DLW,-; bk R in bjo, lk LIFR (lk RIBL); bk R in bjo bkngr DLW,-;
[Run Finish SQQ] bk L trn RF,-, sd & fwd R trn RF, fwd L bjo LOD;

PART B

1-8 RUNNING FORWARD LOCKS, CHECK & FISHTAIL,; FORWARD MANEUVER SIDE CLOSE, BACK & DOUBLE LOCK,; BOX FINISH:

[Run Fwd Lks SQQQQQQQS] Fwd R in bjo LOD no trn,-, fwd L in bjo, lk RIBL (lk LIFR), fwd L in bjo, fwr L in bjo, lk RIBL (lk LIFR); fwd L in bjo LOD,-;
[Ck Fishtail SQQQQ] Fwd R in Bjo LOD Ckg rise slght trn RF,-; XLIBR (lady XRIFL), trn RF fwr L DLW, trn RF fwd L to bjo, lk RXIBL in bjo DLW (lady lk in frnt);
[Fwd Man Sd Cl SSQQ] Fwd L,-, fwr R trn RF,-; sd & bk L trn RF, cl R cp DRW
[Bk Double Lk SQQQQ] Bk L body trn RF to bjo bkngr DLC,-; bk R in bjo, lk LIFR (lk RIBL), bk R in bjo, lk LIFR (lk RIBL) in bjo bkngr DLC;
[Box Finish SQQ] Trn LF bk R,-, trn LF sd & fwd L, cl R cp DLW;

PART C

1-8 FORWARD LEFT TURN, HOVER CORTE,; BACK HOVER to SEMI MANEUVER PIVOT 2,; FORWARD LOCK FORWARD, FACE SIDE CLOSE:

[Fwd Left trn SSQQ] Fwd R in bjo trn LF to cp,-, fwd L trn LF,-; sd & bk R, cl L cp bkngr DLW,
[Hover Corte SSS] Bk R trn LF,-; sd & fwd L trn LF hvr action to bjo,-, sd & bk R bjo bkngr DRC,-;
[Bk Hover to Semi SSS] Bk L in bjo,-, bk & sd R hvr action slght trn RF,-; sd & fwd L to semi DLW,-;
[Man Pivot 2 SSS] Thru R in semi trn RF,-; sd & bk L pvt RF,-, fwd R trn RF cp LOD,-;
[Fwd Lk Fwd QQ] Fwd L in bjo, lk RIBL, fwd L in bjo LOD;
[Fc Sd Cl SQQ] Fwd R to bjo,-, sd & fwd L to fc, cl R cp DLW;
PART D

1-8 QUARTER TURN CHASSE ENDING;:: FORWARD FORWARD/LOCK 
FORWARD MANEUVER SIDE CLOSE BACK BACK /LOCK BACK;;;
HOP TURNS;

[Qter Trn Chasse End SQSSQSSQ] Fwd R LOD trn RF, -, sd L, cl R trn RF; sd & bk L cp bkng DLC, -; bk R trn LF, -; sd L, cl R trn LF; sd & fwd L to bjo DLC, -;

[Fwd Fwd/Lk Fwd SQSSQ] Fwd R in bjo, -; fwd L, lk RIBL (lk LIFR); fwd L in bjo DLC, -;

[Man Sd Cl SQ] Fwd R trn RF, -; sd & bk L trn RF, cl R cp fc RLOD,

[Bk Bk Lk Bk SQSQQ] Bk L body trn RF to bjo bkng LOD, -; bk R in bjo, lk LIFR (lk RIBL), bk R in bjo bkng LOD, -;

[Hop Trns S&S&] Bk L in bjo, - /hop from L trn RF, sd & fwd R, - /hop from R trn RF to fc DLC cp;

9-18 FORWARD LOCK FORWARD; FORWARD TURN RIGHT CHASSE to 
BANJO;; OUTSIDE CHANGE to SEMI; THRU CHASSE OPEN 
NATURAL OPEN IMPETUS;;; THRU to HI-LINE & OVERSWAY;;;

[Fwd Lk Fwd SQSSQ] Trn HF, fwd L to bjo, lk RIBL (lk LIFR), fwd L in bjo DLC;

[Fwd Trn Right Chasse SSQQSQ] Fwd R body trn LF, -, fwd L trn LF, -; sd R, cl L trn LF, sd & bk R in bjo bkng LOD, -;

[OutSd Change Semi SQQQ] Bk L in bjo, -; bk R to cp trn LF, slght trn LF sd & fwd L to semi DLC;

[Semi Chasse SQSSQ] Thru R in semi, -, sd & fwd L, cl R; sd & fwd L semi DLW, -

[Open Nat SQ] Thru R trn RF, -; sd & bk L trn RF, sd & bk R to bjo bkng DLW,

[Open Impetus SSSQ] Bk L in bjo trn RF on L heel, -; transfer weight to R trn RF, -;

[Thru Hi-line SS] Thru R, -; sd & fwd L to shpe up to hi-line both look DLC, -;

[Oversway SS] Soften L knee chng to oversway line, -; hold, -;

Sequence: Intro, A, B, A, C, A, D