

## 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

### **INTRO**

**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 bkng DRC  
cp,-;

[Bk Chasse Bjo SQQS] Bk R trn LF, -, sd & fwd L to bjo DLC, cl R; sd & fwd L in  
bjo DLC,

[Bjo Weave 3] Fwd R in bjo,-; fwd L trn LF, bk R to bjo bkng DLW,  
[Bk Lks SQQS] Bk L in bjo no trn bkng DLW,-; bk R in bjo, lk LIFR (lk RIBL); bk  
R in bjo bkng 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 SQQQQQS] Fwd R in bjo LOD no trn,-, fwd L in bjo, lk RIBL (lk  
LIFR), fwd L in bjo; twd R in bjo, fwd 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 fwd R DLW, trn RF fwd L to bjo, lk RXIBL in bjo DLW (lady  
lk in frnt);

[Fwd Man Sd Cl SSQQ] Fwd L,-, fwd R trn RF,-; sd & bk L trn RF, cl R cp DRW  
[Bk Double Lk SQQQQ] Bk L body trn RF to bjo bkng DLC,-; bk R in bjo, lk LIFR  
(lk RIBL), bk R in bjo, lk LIFR (lk RIBL) in bjo bkng 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 bkng DLW,

[Hover Corte SSS] Bk R trn LF,-; sd & fwd L trn LF hvr action to bjo,-, sd & bk R  
bjo bkng 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 QQS] 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 **SQQSSQQS**] 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 DLW,-;

[Fwd Fwd/Lk Fwd **SQQS**] Fwd R in bjo,-, fwd L, lk RIBL(lk LIFR); fwd L in bjo DLW,-;

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

[Bk Bk Lk **BK SQQS**] 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 **QQS**] Trn RF fwd L to bjo, lk RIBL (lk LIFR), fwd L in bjo DLC;

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

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

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

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

[Open Impetus **SSS**] Bk L in bjo trn RF on L heel,-; transfer weight to R trn RF,-, sd & fwd L to semi DLC,-;

[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**