

Good Day

Released: April 2013
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Music: "Good Day," Tom Luce. CD: **How to Lose a Guy in Ten Days**, track #2. Also available as mp3 through Amazon
Time: 3:30 Downloaded @4:06; increase tempo to 115%, or as desired. (e.g., 3:40 at 110% increased tempo)
Footwork: Opposite (*Woman's footwork opposite, except as noted in parentheses*)
Rhythm/Phase: Cha Cha / Jive Phase V
Degree of difficulty: Average
Sequence: INTRO – A – B – INTLD1 A – B – INTLD2 – C – B – END

INSTRUMENTAL INTRO

1-4 [BEGIN BFLY WALL TRAIL FOOT FREE] WAIT ; FENCE LINE ; SHOULDER TO SHOULDER TWICE ; ;

1-4 **Wait** ; **Fence Line** } X lun Rif, rec L, sd R/cl L, sd R ; **Shoulder to Shoulder 2X** } From Bfly fwd L to bfly Sdcar, recr R to fc, sd L/cl R, sd L ; fwd R to bfly Bjo, rec L to fc, sd R/cl L, sd R ;

PART A

1-13 CUCARACHA TWICE ; ; NEW YORKER TWICE ; ; ALEMANA ; ; LARIAT ; ; HALF BASIC ; FAN ; HOCKEY STICK ; ; HIP ROCKS IN FOUR ; ;

1-4 **Cucaracha 2X** } Sd L, rec to R, cl L almost to R/cl R to L, sd L a small step ; sd R, rec to L, cl R almost to L/cl L to R, sd R a small step ; **New Yorker 2X** } Swvl thru L twd RLOD to LOP, rec swvl R to fc partner, sd L/cl R, sd L ; Swvl thru R twd LOD to LOP, rec swvl L to fc partner, sd R/cl L, sd R ; ;

5-8 **Alemana** } Fwd L, rec R, sd L/cl R, sd L leading W to commence RF turn under lead hands (*W Bk R, rec L, sd R/cl L, sd R commence RF swivel*) ; Bk R, rec L, sd R/cl L, sd R leading W under lead arms to M's R side (*W cont RF trn undr jnd lead hnds fwd L, cont RF trn fwd R, fwd L/cl R, fwd L to end M's R sd to man's right side to begin lariat*) ; **Lariat** } Stp in plc L, R, L/R, L ; R, L, R/L, R (*W Circle man clockwise with joined lead hands fwd R, fwd L, fwd R/cl L, fwd R ; fwd L, fwd R, fwd L/cl R turning to face partner, sd L*) ;

9-12 **Half Basic** } Fwd L, rec R, sd L/cl R, sd L ; **Fan** } Bk R, rec L, sd R/cl L, sd R (*W fwd L in front of partner, sd R and bk trn, bk L/lk R, bk L*) ; **Hockey Stick** } Fwd L, rec R, stp L/stp R, stp L ; bk R, rec L, fwd R/cl L, fwd R diag rev LOD and wall (*W cl R, fwd L, fwd R/fwd L, fwd R ; fwd L, fwd R trn to fc ptrnr, bk L/cl R, bk L diag rev LOD and wall*) ;

13 **Hip Rocks in 4** } With hip action rk sd L, rec R, sd L, rec R ;

PART B—[JIVE]

1-8 LINDY CATCH ; ; WINDMILL TWICE ; ; ; SPANISH ARMS TWICE TO BFLY ; ; ;

1-2 **Lindy Catch** } Rk bk L, rec R twd W's rt sd, rel hnds fwd L/cl R, fwd L trng RF around W place R hnd on W rt hip (*W rk bk R, rec L, fwd R/cl L, chk fwd R extend arms fwd*) ; Ld W to step bk fwd R twd COH, fwd L trng RF fc ptr and Wall, small bk R/cl L, bk R join hnds (*W bk L, bk R, bk L/cl R, bk L*) ;

3-5 **Windmill** } Rk bk L, rec R starting 1/4 LF turn, fwd Lif/cl R, fwd L completing 1/4 LF turn ; sd R starting 1/4 LF turn/cl L, sd R completing 1/4 LF turn to COH, **Windmill** } Rk bk L, rec R starting 1/4 LF turn ; fwd Lif/cl R, fwd L completing 1/4 LF turn, sd R starting 1/4 LF turn/cl L, sd R completing 1/4 LF turn to BFLY WALL ;

6-8 **Span Arms** } Rk bk L, rec R trng RF and leading W to trn LF under joined raised lead hands, sd L/cl R, sd L cont RF trn to brief wrapped pos w/o lowering raised hands (*W Rk bk R, rec L trng 1/4 LF under joined lead hands, sd R/cl L, sd R trng 3/4 RF*) ; sd R/cl L, sd R leading woman to turn RF to return to BFLY position from wrapped pos to end BFLY COH (*W Sd L/cl R, sd L to BFLY WALL*), **Span Arms** } Rk bk L, rec R trng RF and leading W to trn LF under joined raised lead hands ; sd L/cl R, sd L cont RF trn to brief wrapped position w/o lowering raised hands (*W Rk bk R, rec L trng 1/4 LF under joined*

lead hands, sd R/cl L, sd R trng 3/4 RF), sd R/cl L, sd R leading woman to turn RF to return to BFLY position from wrapped pos to end BFLY WALL (W Sd L/cl R, sd L) ;

INTERLUDE 1

1-4 [ROCK BACK RECOVER] CHASSÉ ROLL LOD ; ; [ROCK BACK RECOVER] CHASSÉ ROLL RLOD TO BFLY ; ; [Rock and recover begins each chasse roll]

- 1-4 {**Chassé Roll LOD**} Rk bk L, rec R to fc, step sd L/cl R, sd L turning RF 1/2 to bk-to-bk pos (W step sd R/cl L, sd R turning LF) ; sd R/cl L, sd R turning 1/2 to face, sd L/cl R, sd L ; {**Chassé Roll RLOD**} To RLOD rk bk R, rec L to fc, step sd R/cl L, sd R turning LF 1/2 to bk-to-bk pos (W step sd L/cl R, sd L turning RF) ; sd L/cl R, sd L turning 1/2 to face, sd R/cl L, sd R to BFLY WALL ;

REPEAT PART A

REPEAT PART B

INTERLUDE 2

1-4 BREAK BACK TO TRIPLE CHA FORWARD ; ; SINGLE CUBAN ; SPOT TURN TO BFLY ;

- 1-2 {**Brk Bk To Triple Cha Fwd**} Brk bk L, rec R, fwd L/lk Rib, L ; fwd R/lk Lib, fwd R, fwd L/lk Rib, L ;
3-4 {**Single Cuban**} XRif/rec L, sd R, XLif/rec R, sd L ; {**Spot Turn**} XRif trng LF, cont trn rec L to fc ptr, sd R/cl L, sd R to BFLY WALL ;

PART C—[JIVE]

1-9 CHANGE HANDS BEHIND BACK ~ CHANGE LEFT TO RIGHT TO LOD ; ; ; CHANGE LEFT TO RIGHT TO WALL ~ CHANGE LEFT TO RIGHT TO RLOD ; ; ; CHANGE HANDS BEHIND BACK TO LOD ~ CHANGE LEFT TO RIGHT TO WALL ; ; ;

- 1-3 {**Change Hands Behind Back**} Rk apt L, rec R, placing R hand over W's R hand lead W to R sd releasing lead hand hold comm LF trn fwd chasse L/R, L ; cont trng LF place W's R hand back into L hand behind back chasse R/L, R facing COH (W rk apt R, rec L, comm RF trn fwd chasse R/L, R ; cont RF trn chasse L/R, L facing WALL), {**Change Left to Right**} Rk bk L, rec R ; sd L/cl R, sd L trng 1/4 RF to LOD (W rk bk R, rec L ; fwd R/cl L, fwd R trng 3/4 LF undr jnd lead hnds to fc ptr and RLOD), sd R/cl L, sd R (W sd L/cl R, sd and bk L) ;
4-6 {**Change Left to Right**} Rk bk L, rec R, sd L/cl R, sd L comm 1/4 RF turn (W rk bk R, rec L, fwd R/cl L, fwd R trng 3/4 LF undr jnd lead hnds to fc ptr and COH) ; sd R/cl L, sd R to WALL (W sd L/cl R, sd and bk L), {**Change Left to Right**} Rk bk L, rec R ; sd L/cl R, sd L comm 1/4 RF turn (W rk bk R, rec L ; fwd R/cl L, fwd R trng 3/4 LF undr jnd lead hnds to fc ptr and RLOD), sd R/cl L, sd R to RLOD (W sd L/cl R, sd and bk L) ;
7-9 {**Change Hands Behind Back**} Rk apt L, rec R, placing R hand over W's R hand lead W to R sd releasing lead hand hold comm LF trn fwd chasse L/R, L ; cont trng LF place W's R hand back into L hand behind back chasse R/L, R to face LOD (W rk apt R, rec L, comm RF trn fwd chasse R/L, R ; cont RF trn chasse L/R, L to face RLOD), {**Change Left to Right**} Rk bk L, rec R ; sd L/cl R, sd L trng 1/4 RF to WALL (W rk bk R, rec L ; fwd R/cl L, fwd R trng 3/4 LF undr jnd lead hnds to fc ptr and COH), sd R/cl L, sd R (W sd L/cl R, sd and bk L) to BFLY WALL ;

REPEAT PART B

END

1-12 CHASE TO TRIPLE CHAS COH ; ; PEEKABOO TWICE ; ; FINISH CHASE WITH TRIPLE CHAS TO BFLY WALL TO HANDSHAKE ; ; ; FLIRT ; ; SWEETHEART TWICE TO WRAP AND HOLD ; ;

- 1-2 {**Chase To Triple Chas**} Fwd L trng 1/2 RF, rec R to fc COH fwd L/lk Rib, fwd L (W bk R, rec L, fwd R/lk Lib, fwd R) ; Fwd R/lk L, fwd R, fwd L/lk R, fwd L ;
3-4 {**Peek-a-Boo 2X**} Sd R looking over L shoulder, rec L, in place R/L, R ; Sd L looking over R shoulder, rec R, in place L/R, L ;
5-8 {**Finish Chase w/ Triple Chas**} Fwd R trng 1/2 LF to fc WALL, rec L, fwd R/lk L, fwd R (W fwd L trng 1/2 RF to fc WALL, rec R, fwd L/lk R, fwd L) ; Fwd L/lk R, fwd L, fwd R/lk L, fwd R (W fwd R/lk L, fwd R, fwd L/lk R, fwd L) ; Fwd L, rec R, bk L/lk R, bk L (W fwd R trng 1/2

- LF to fc man, rec L, fwd R/lk L, fwd R*; Rk bk R, rec L, fwd R/cl L, fwd R (Fwd L, rec R, bk L/lk R, bk L) to BFLY WALL to HNDSHK;
- 9-10 **{Flirt}** Fwd L, rec R, sd L/cl R, sd L ; bk R, rec L, sd R/cl L, sd R (*W rock bk R, rec L turning LF, continue turn to Varsouvienne Position sd R/cl L, sd R ; rk bk L, rec R, sd L/cl R, sd L moving to her L in front of the man to Left Varsouvienne Position*) ;
- 11-12 **{Sweetheart}** Ck fwd L with R side lead into contra ck-like action, rec R straightening body, sd L/cl R, sd L (*W bk R with left side lead into contra check like action, rec L straightening body, sd R/close left, sd R*) ; **{Sweetheart to Wrap and Hold}** Ck fwd R with L side lead into contra ck like action, rec L straightening body, sd R/cl L, sd R (*W bk L with R sd lead into contra check like action, rec R straightening body, sd L/cl R, sd L*) M wrap arms around W's torso and hold ;

HEAD CUES

INSTRUMENTAL INTRO

- 1-4 [BEGIN BFLY WALL TRAIL FOOT FREE] WAIT ;
FENCE LINE ;
SHOULDER TO SHOULDER TWICE ; ;

PART A

- 1-13 CUCARACHA TWICE ; ;
NEW YORKER TWICE ; ;
ALEMANA ; ;
LARIAT ; ;
HALF BASIC ;
FAN ;
HOCKEY STICK ; ;
HIP ROCKS IN FOUR ;

PART B—[JIVE]

- 1-8 LINDY CATCH ; ;
WINDMILL TWICE ; ; ;
SPANISH ARMS TWICE TO BFLY ; ; ;

INTERLUDE 1

- 1-4 CHASSÉ ROLL LOD ; ;
CHASSÉ ROLL RLOD TO BFLY ; ;

REPEAT PART A

- 1-13 CUCARACHA TWICE ; ;
NEW YORKER TWICE ; ;
ALEMANA ; ;
LARIAT ; ;
HALF BASIC ;
FAN ;
HOCKEY STICK ; ;
HIP ROCKS IN FOUR ;

REPEAT PART B

- 1-8 LINDY CATCH ; ;
WINDMILL TWICE ; ; ;
SPANISH ARMS TWICE TO BFLY ; ; ;

INTERLUDE 2

1-4 BREAK BACK TO TRIPLE CHA FORWARD ;;
SINGLE CUBAN ;
SPOT TURN TO BFLY ;

PART C

1-9 CHANGE HANDS BEHIND BACK ~ CHANGE LEFT TO RIGHT TO LOD ;;;
CHANGE LEFT TO RIGHT TO WALL ~ CHANGE LEFT TO RIGHT TO RLOD ;;;
CHANGE HANDS BEHIND BACK TO LOD ~ CHANGE LEFT TO RIGHT TO WALL ;;;

REPEAT PART B

1-8 LINDY CATCH ;;
WINDMILL TWICE ;;;
SPANISH ARMS TWICE TO BFLY ;;;

END

1-12 CHASE TO TRIPLE CHAS COH ;;
PEEKABOO ;;
FINISH CHASE WITH TRIPLE CHAS TO HANDSHAKE BFLY WALL ;;;
FLIRT ;;
SWEETHEART TWICE TO WRAP AND HOLD ;;