

THE WHOLE DAY THROUGH

Choreo: Desmond & Ruth Cunningham, [05/ 01 to 10/ 15] 4600 Mackenzie St, Montreal, QC Canada H3W1B (514)345-9516
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Record: SP RDC-001 Flip: Invisible Tears (Available from choreographer and Palomino)
Rhythm: Foxtrot RAL Phase V Timing: SQQ unless noted Wwww.diamondrounds.com
Footwork: Opposite, except where noted for woman in parentheses Release: May 1999
Sequence: **INTRO-A-B-C-B-END**

INTRODUCTION

1-4 **WAIT;; SOLO ROLL 3; FEATHER;**

1-2 Fcg ptr, no hnds jnd, wait 2 meas;;

3-4 Sd & fwd L trn ½ LF,-, sd & bk R trn ½ LF, sd L; fwd R(W fwd L trg LF),-, fwd L(W bk R), fwd R in CBJO;

PART A

1-4 **REV WAVE;; CLOSED IMPETUS; FEATHER FINISH;**

1-2 Fwd L start trg LF,-, sd R cont trg (W heel trn), bk L twd DLW; bk R,-, bk L, bk R curving LF twd LOD;

3-4 Bk L trg RF,-,cl R to L heel trn (W sd & fwd L),sd & bk L in CP; bk R trg LF,-,sd & fwd L, fwd R to CBJO;

5-8 **HOVER; CURVED FEATHER; OUTSIDE SPIN; BK 3 STEP;**

5 Fwd L,-, fwd & sd R rising to ball of ft, rec sd L to SCP;

6 Fwd R in CBMP start trg RF,-, sd & fwd L outsd W cont trg, fwd R (W fwd L trg RF,-,cont trg bk R, bk L);

7 Trn upper body RF sm step bk L,-, fwd R arnd W, bk L (W fwd R ard M,-,cl L on toes trg RF,fwd R)in CP;

8 Bk R twd LOD,-, bk L, bk R;

9-12 **OUTSIDE CHANGE SCP; THRU RONDE, HOLD; FALLAWAY LILT 4 BJO; WEAVE ENDING;**

9 Bk L,-, bk R trg LF, sd & fwd L to SCP;

S - 10 Fwd R lowering and drawing L in arc to pt LOD,-,-,-;

QQQQ 11 Bk L with flare action, cl R, bk L, cl R (W bk R w / flare, cl L, bk R, pivot LF on R fwd L to BJO);

QQQQ 12 Bk L, bk R trg LF to CP, sd & fwd L, fwd R to CBJO/ DLC;

13-16 **SLOW TELEMARK SCP & THRU RONDE;; FALLAWAY LILT 4 BJO; WEAVE ENDING;**

SS 13 Fwd L trg LF,-, sd & fwd R cont trg (W cl L to R heel trn),-;

SS 14 Fwd L to SCP,-, fwd R lowering and drawing L in arc to pt LOD,-;

15-16 Repeat 11-12 Part A;;

PART B

1-4 **TELEMARK; IN & OUT RUNS;; RIPPLE CHASSE;**

1 Fwd L trg LF,-, sd & fwd R (W cl L to R heel trn), fwd to SCP;

2 Fwd R start trg RF,-,sd & bk L to CP fcg RLOD, bk R to CBJO (W fwd L,-,fwd R betw M's ft, fwd L);

3 Bk L trg RF,-, cont trg sd & fwd R betw W's ft, fwd L to SCP (W fwd R trg RF,-,cont trg fwd & sd L,fwd R);

SQ&Q 4 Thru R in CBMP,-, sd & fwd L with left sd stretch (W rt sd stretch)/ cl R to L with rt sway(W lt sway), sd & Fwd L losing sway and blending to SCP;

5-8 **NATL HOVER FALLAWAY; SLIP PIVOT; NATL TRN ½ ; BK TIPPLE CHASSE;**

5 Fwd R start trg RF,-, cont trg fwd L rising on toe, rec bk R(W fwd L,-,fwd R betw M's ft trg RF,rec bk L);

6 Bk L,-, bk R trg LF, fwd L(W bk R pivotg LF on ball of R ft,-, fwd L to CP, bk R to BJO);

7 Fwd R trg RF,-, sd L twd Wall fcg RLOD, bk R in CP;

SQ&Q 8 Bk L trg RF,-, sd R with left sd stretch(W rt sd)/ cl L, sd & fwd R (W sd & bk L) trg 1/8 RF to end fcg DLC;

9-12 **REV WAVE;; BK LILT 4 BJO; WEAVE ENDING;**

9-10 Repeat meas 1-2 Part A;;

QQQQ 11 Bk L, cl R, bk L, cl R leading W to trn LF to BJO;

QQQQ 12 Bk L, bk R trg slightly LF to CP, sd & fwd L, fwd R to CBJO/ DLW;

13-16 **HOVER; NATL TRN ½ ; HEEL PULL; FWD, PT, X, CHECK;**

13-14 Repeat meas 5 Part A; repeat meas 7 Part B;

SS(SQQ) 15 Bk L start trg RF,-,cont trn on L heel pull R bk to L,- (W fwd R trg RF,-,sd L, drw R to L) to DLC;

QQQQ 16 Fwd L, trg slightly LFpt R sd toward LOD (W pt L twd LOD), cross R in frt (W XLIB), hold in CBMP;

PART C

1-4 IMPETUS SCP; SLOW SD LOCK; MINITELESPIN;;

1 Bk L trg RF,-, cont trn cl R to L [heel trn], fwd L (W fwd R pvtg ½ RF,-, cont trn sd & fwd L, fwd R) to SCP;

2 Thru R,-, sd & fwd L to CP, cross R in bk trg LF to DLC (W thru L start trg LF,-,sd & bk R cont trg, XLIF);

SQQ& 3 Fwd L start trg LF,-, cont trg sd R, bk & sd L toe no wgt / trn body LF to ld W to CP and start spin;
(W bk R start trg LF,-, trg ½ LF cl L to R [heel trn], fwd R / fwd L trg LF twd ptr);

QQS 4 Fwd L cont LF spin drawing R to L, cl R, hold- (W fwd R to CP spin LF drawing L to R, cl L, hold-) fc COH;

5-8 TELEMARK SCP; SLOW SD LOCK; MINITELESPIN;;

5-6 Repeat meas 1 Part B; repeat meas 2 Part C;

7-8 Repeat meas 3-4 Part C;;

9-12 CONTRA CHECK & SWITCH; CURVED FEATHER; OUTSIDE SPIN; BK, CHASSE TO ½ OP;

9 Trg upper body LF flex knees chk fwd L in CBMP,-,rec R start trg RF leaving L ft extended, cont trg bk L;

(W trg upper body LF flex knees bk R looking L,-,rec L start trg RF leaving R ft extended, cont trg fwd R;)

10-11 Repeat meas 6 Part A; repeat meas 7 Part A;

SQ&Q 12 Bk R,-, sd L/ cl R, fwd L to ½ OP;

13-16 STEP KICK 4X;; THRU, CHASSE; FEATHER;

QQQQ 13-14 Fwd R, kick L diag fwd and looking DLC (W DLW), fwd L, kick R fwd; repeat meas 13 Part C to SCP;

SQ&Q 15-16 Fwd R,-, sd L/ cl R, fwd L to BJO (W fwd L,-, sd R/ cl L trg LF, bk R); repeat meas 4 Part A;

END

1-4 IMPETUS; THRU, CHASSE TO ½ OP; STEP KICK TWICE; STEP KICK, LUNGE & TWIST;

1 Repeat meas 1 Part C;

SQ&Q 2-3 Fwd R,-, sd L/ cl R, fwd to ½ OP; repeat meas 13 Part C;

QQQQ 4 Fwd R, kick L diag fwd, lunge fwd to LOD, twist RF (W LF) and look RLOD;