

Swivelfeet linedancers Hälsinglands gladaste Linedancers

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Day After Day

Phrased: A 32 counts, B 32 counts, C 24 counts, Tag 4 counts, 4 wall,
Beginner/Intermediate level

Choreographer: Annette Hagberg (AnnetteFromSweden) July 2013

Choreographed to: En Dag I Sänder by BAO (112 bpm)

Start on lyrics (after 16 counts)

Sequence: AAA, B, AAA, C, A, Tag (4 counts) AAAA.



Actual footwork		
Part A	Section 1	Kick ball step. Step Right forward. Pivot 1/4 L Pivot 1/4 R. Kick forward. Coaster step
	1 & 2	Kick Right forward. Step ball of right beside left. Step forward on Left.
	3	Step forward Right
	4 - 5	Pivot ¼ turn Left, keeping feet in place. Pivot ¼ turn Right (weight on right)
	6	Kick Left forward
	7 & 8	Step back on Left. Step Right next to Left. Step forward on Left.
A	Section 2	½ Unwind, Forward Shuffle, Jazz Box
	1 - 2	Touch Right toe behind Left foot. Unwind ½ turn Right (6:00 weight on right)
	3 & 4	Step Left foot forward. Close Right beside left. Step Right foot forward.
	5 - 8	Cross Right over Left, step back on Left, step Right to Right side, step forward on Left.
A	Section 3	Side Rock, Cross Shuffle
	1 - 2	Rock Right to Right side. Recover onto Left
	3 & 4	Cross Right over Left. Step Left to Left side. Cross Right over Left.
	5 - 6	Rock Left to Left side. Recover onto Right.
	7 & 8	Cross Left over Right. Step Right to Right side. Cross Left over Right.
A	Section 4	Figure Vine Right
	1 - 2	Step Right to Right side. Cross Left behind Right
	3 - 4	Step Right ¼ turn Right. Step forward Left.
	5 - 6	Pivot ½ turn Right (shifting weight to right) On ball of Right make ¼ turn Right stepping Left to Left side
	7 - 8	Cross Right Behind Left. Step Left ¼ turn Left (3:00 weight on left)
Tag: 1 – 4 Sway right, Left, Right, Left. (9:00)		
Part B	Section 1	Rumba Box Forward. Walk Back. Coaster step (9:00)
	1 & 2	Step Right to Right side. Step Left to Right. Step Right forward.
	3 & 4	Step Left to Left side. Step Right to Left. Step Left back.
	5 – 6	Step Right back. Step Left back.
	7 & 8	Step back on Right. Step Left next to Right. Step forward on Right.
B	Section 2	Rumba Box Forward. Walk Back. Coaster step
	1 & 2	Step Left to Left side. Step Right to Left. Step Left forward.
	3 & 4	Step Right to Right side. Step Left to Right. Step Right back.
	5 – 6	Step Left back. Step Right back.
	7 & 8	Step back on Left. Step Right next to Left. Step forward on Left.
B	Section 3	Repeat section 1 Part B
B	Section 4	Repeat section 2 Part B
Part C	Section 1	Rumba Box Forward. Walk Back. Coaster step (6:00)
	1 & 2	Step Right to Right side. Step Left to Right. Step Right forward.
	3 & 4	Step Left to Left side. Step Right to Left. Step Left back.
	5 – 6	Step Right back. Step Left back.
	7 & 8	Step back on Right. Step Left next to Right. Step forward on Right.
C	Section 2	Rumba Box Forward. Walk Back. Coaster step
	1 & 2	Step Left to Left side. Step Right to Left. Step Left forward.
	3 & 4	Step Right to Right side. Step Left to Right. Step Right back.
	5 – 6	Step Left back. Step Right back.
	7 & 8	Step back on Left. Step Right next to Left. Step forward on Left.
C	Section 3	Rumba Box Forward. Walk Back. Back Rock
	1 & 2	Step Right to Right side. Step Left to Right. Step Right forward.
	3 & 4	Step Left to Left side. Step Right to Left. Step Left back.
	5 – 6	Step Right back. Step Left back.
	7 – 8	Rock back on Right. Recover on Left.

Tag 4 counts, only once after wall 9 after 32 count in part A facing 9:00

Tag: 1 – 4 Sway right, Left, Right, Left.

Then restart dance from beginning, part A.