

FOREVER AND A DAY

Rhythm/Phase: Rumba, Phase V+1 (Advanced Alemana)
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Release Date: May 6, 2019 (Rev. 1 corrects typos)
Music: "Forever And A Day" by Hilary Stagg Album: "Sweet Return", Track 4
Download: Amazon.com
Time/Speed: Downloaded file: 6:24 Edited to 3:04 (see below) Play at 43 in Dancemaster (- 4.4%)
Editing: Cut from 3:27.95 to 6:20, then cut from 0.3 sec. to 28.3 sec.,
then fade once from the new 2:59.1 to 3:00.2. Then if desired, add ~2 sec. silence at the front.
Footwork: Opposite throughout (*Lady as noted in parentheses*).
Timing: QQS unless otherwise noted, reflects actual weight changes.
Degree of Difficulty: Average
Sequence: INTRO, A, B, C, B(MOD 1), D, A, B(MOD 2)

INTRODUCTION

1-3 WAIT THRU 3 LEAD-IN NOTES & 2 MEAS;; LEFT ARMSWEEP;

- 1-2 {Wait} With Right hands joined, M fc prtnr and wall & lead ft free wait thru 3 pickup notes & 2 measures ;;
- 3 {L. Armsweep} With no wt change both sweep left arm up & out during this measure, - , - , - ;

PART A

1-4 FLIRT;; ONE SWEETHEART; LADY TO FAN;

- 1-2 {Full Flirt} Chk Fwd L, rec R leading W to turn LF, sd L in Varsouv Pos-Wall, - ; Bk R, rec L, sd R, - ;
(*Bk R, fwd L, fwd R trng LF to Varsouv Pos-Wall, - ; Bk L, rec R, sd L to Left Varsouv Pos, -*)
- 3 {Sweetheart} Chk Fwd L outside prtnr, rec R, sd L, - ;
(*Bk R, rec L, sd R, - ;*)
- 4 {To Fan} Back R, rec L, sd R, - ; (*Fwd L twd LOD, fwd R turning RF 1/2, bk L to Fan pos, - ;*)

5-8 HOCKEY STICK;; BASIC TO NAT TOP 3;;

- 5-6 {Hockey Stick} Fwd L, rec R, cl L, - ; Bk R, rec Fwd L trng to fc DRW, fwd R, - ;
(*Cl R, fwd L twd RLOD, fwd R, - ; Fwd L, fwd R trng LF under lead hands, bk L to fc DLC & prtnr, -*)
- 7-8 {Bas-Nat Top 3} Fwd L, rec R comm trng RF blending to loose CP, cl L - ;
Cont turn XRIB, sd L, cl R facing Wall, - ;
(*Bk R, rec L comm RF turn, XRIF, - ; Sd L, XRIF trng RF, sd L, - ;*)

9-12 NAT OPENING OUT; BACK SHOULDER TO SHOULDER - HANDSHAKE; SHADOW NY; RT-HAND UA TURN;

- 9 {Op Out} Sd L leading W to open out, rec R, cl L, - ; (*Bk R trng RF, rec L trng to fc prtnr, sd R, - ;*)
- 10 {Bk Shoulder to Shoulder} Trng slightly RF blending to B'Fly Bk R, rec L, sd R joining rt hands fc wall, - ;
- 11 {Shad NY} Trng to fc RLOD Check thru L, rec R trng to fc Wall, sd L, - ;
- 12 {Rt-Hand UA} Bk R comm leading W to turn RF under joined rt hands, rec L, sd R, - ;
(*Swiveling RF Fwd L twd LOD, rec R trng RF 1/2 under joined rt hands to fc RLOD, sd L trng to fc prtnr ;*)

13-16 SHAD BREAK w/ LADY'S HEADLOOP; AIDA; SWITCH & CROSS; CUCARACHA;

- 13 {Shad Brk-Headloop} Turning LF Bk L to fc LOD, rec R,
fwd L bringing rt arm over W's head & rel rt hands to half-open-LOD, - ;
- 14 {Aida} Fwd R twd LOD comm trng RF, sd L, bk R to slight back-to-back "V" pos looking RLOD, - ;
- 15 {Switch-X} Trng sharply LF to fc prtnr Sd L twd LOD, rec R, XLIF, - ;
- 16 {Cucaracha} Sd R w/ partial wt, rec L, cl R, - ;

PART B

1-4 OPEN BREAK-MAN POINT LEFT; CIRCULAR SERPIENTE;; OPPOSITION FENCELINE;

- QQ - 1 {Op Brk-M Pt} Chk Bk L, rec R, point L twd LOD, - ;
QQS (Chk Bk R, rec L, sm sd R, - ;)

Note: Same footwork for the remainder of Part B.

- 2-3 {Circ. Serpiente} Blending to B'Fly Thru L comm LF circular turning action, sd R, beh L flaring rt ft, - ;
Comm RF circular action Beh R, sd L, thru R flaring left ft in B'Fly-Wall, - ;
4 {Opp Fenceline} Check thru L twd RLOD (W twd LOD), rec R, sd L to B'Fly-Wall both w/ rt ft free, - ;

5-8 (RT FT) CIRCULAR SERPIENTE;; OPPOSITION FENCELINE; OPPOSITION FENCELINE-MAN TOUCH;

- 5-6 {Rt ft Circ Serpiente} Thru R comm RF circular turning action, sd L, beh R flaring left ft, - ;
Comm LF circular action Beh L, sd R, thru L flaring rt ft in B'Fly-Wall, - ;
7 {Opp Fenceline} Check thru R twd LOD (W twd RLOD), rec L, sd R to B'Fly-Wall both w/ left ft free, - ;
QQ - 8 {Opp Fenceline-M tch} Check thru L twd RLOD, rec R, touch L to R in B'Fly-Wall both w/ lead ft free, - ;
(QQS) (Check thru L twd LOD, rec R, sm sd L to B'Fly-Wall both now w/ lead ft free, - ;)

PART C

1-4 OPEN HIP TWIST; FACING FAN-RT HANDSHAKE; ALEMANA;;

- 1 {Op Hip Twist} Joining lead hands low Ck fwd L, rec R, sm sd L leading W to hip twist, - ;
(Bk R, rec L, fwd R twd prtnr swiveling only the hips RF to fc LOD, - ;)
2 {Fc Fan-HShk} Bk R comm leading W to fan pos, rec L, fwd R trng LF to fc LOD joining rt hands, - ;
(Fwd L twd LOD, fwd R trng LF to fc RLOD, bk L joining rt hands, - ;)
3-4 {Alemana} Chk Fwd L twd LOD, rec R, cl L raising rt hands, - ;
Bk R, rec L, sd R twd Wall with rt hands joined fc prtnr & LOD, - ;
(Bk R, rec L, sm fwd R twd M's left side, - ; Fwd L trng 1/2 RF, fwd R trng 1/2 RF, sd L, - ;)

5-8 SHAD NY (TO THE WALL); SPOT TURN; FACING HOCKEY STICK;;

- 5 {Shad NY} Trng to fc Wall Chk Fwd L, rec R to fc prtnr & LOD, sd L, - ;
6 {Spot Turn} Trng LF to fc COH fwd R, rec L trng 1/2 RF, sd L cont turn to fc prtnr & LOD, - ;
7-8 {Fc Hockey Stick} Ck Fwd L, sd & bk R trng RF to fc Wall, cl L, - ; bk R, fwd L trng to fc DRW, fwd R, - ;
(Chk Bk R, rec fwd L twd RLOD, fwd R, - ; Fwd L, fwd R trng LF to fc prtnr & DLC, bk L, - ;)

9-13 ADVANCED ALEMANA (TO FC COH);; OPPOSITION HIP TWIST-OVERTURN TO SHADOW; SWEETHEARTS 2X;;

- 9-10 {Adv Alemana} Chk Fwd L, rec R comm RF circular action, sd L raising lead hands palm-to-palm, - ;
XRIB cont RF circular action leading W to turn RF under lead hands, sd L, cl R finishing fc COH, - ;
(Chk Bk R, rec L, sm sd R comm RF swivel, - ;
Cont. RF turn Fwd L, cont RF turn fwd R, cont RF turn fwd L fc prtnr & Wall, - ;)
11 {Op Hip Twist-Overturn} Chk Fwd L, rec R, cl L, - ;
(Chk Bk R, rec L, sm fwd R swiveling RF to shadow pos-COH, - ;)
12-13 {Sweethearts} Chk Fwd R outside prtnr, rec L, sd R to left-shad, - ;
Chk Fwd L outside prtnr, rec R, sd L to shadow-COH, - ;
(Chk Bk L, rec R, sd L to left-shad, - ; Chk Bk R, rec L, sd R to shadow-COH, - ;)

14-16 HOCKEY STICK ENDING (COH); CHASE w/ UA PASS (WALL);;

- 14 {Hockey Stick Ending-COH} Bk R, rec L fwd R ending fc COH & prtnr joining lead hands low, - ;
(Fwd L, fwd R trng 1/2 LF to fc prtnr, bk L joining lead hands low, - ;)
15-16 {Chase-UA Pass} With lead hands low Fwd L trng RF 1/2, rec R leading W fwd, fwd L twd Wall, - ;
Chk Bk R, rec L leading W to turn LF under joined lead hands, sd R to fc prtnr & Wall, - ;
(Chk Bk R, rec fwd L, fwd R passing M on his left side, - ;
Fwd L twd Wall, fwd R turning LF under joined lead hands to fc prtnr, sd L fc prtnr, - ;)

PART B (MOD 1)

1-7 OPEN BREAK-MAN POINT LEFT; CIRCULAR SERPIENTE;; OPPOSITION FENCELINE; **(RT FT) CIRCULAR SERPIENTE;; OPPOSITION FENCELINE;**

Repeat Part B meas. 1-7 ;;;;;;

8 OPPOSITION FENCELINE-MAN IN 4;

QQQQ 8 {Opp Fenceline-M in 4} Check thru L twd RLOD, rec R, Check thru L twd RLOD, rec R in B'Fly-Wall ;
(QQS) (Check thru L twd LOD, rec R, sm sd L still in B'Fly-Wall both w/ lead ft free, - ;)

PART D

1-4 NY; UA TURN; CUDDLES 2X;;

- 1 {NY} Trng to fc RLOD Ck Fwd L, rec R to fc prtnr, sd L, - ;
- 2 {UA Turn} Bk R leading W to turn RF under joined lead hands, rec L, sd R, - ;
(Trng RF to fc LOD fwd R, rec L trng 1/2 RF, sd L cont turn to fc prtnr, - ;)
- 3-4 {Cuddles} Sd L leading W to open out RF, rec R, cl L leading W to CP, - ;
Sd R leading W to open out LF, rec L, cl R leading W to CP, - ;
(Bk R trng RF 1/2 opening out to fc Wall, rec L, fwd R trng LF to CP, - ;
Bk L trng LF 1/2 opening out to fc Wall, rec R, fwd L trng RF to CP, - ;)

5-8 BREAK BACK TO OPEN-BOTH SPIRAL; AIDA; SWITCH-ROCK; SPOT TURN;

- 5 {Brk Bk-Spiral} Trng to fc LOD Bk L to Open Pos-LOD, rec R, fwd L twd LOD spiraling RF 7/8, - ;
- 6 {Aida} Fwd R twd LOD comm trng RF, sd L, bk R to slight back-to-back "V" pos looking RLOD, - ;
- 7 {Switch-Rock} Trng sharply to fc prtnr Sd L twd LOD, rec R, rk sd L, - ;
- 8 {Spot Turn} Trng LF to fc LOD fwd R, rec L trng 1/2 RF, sd R cont turn to fc prtnr & Wall, - ;

9 FENCELINE-REC-POINT TO RT HANDSHAKE;

QQ - 9 {Fenceline-Rec-Pt-Handshake} In B'fly Chk thru L twd RLOD, rec R, point L twd LOD joining rt hands, - ;
(QQ -)

REPEAT PART A

1-16 FLIRT;; ONE SWEETHEART; LADY TO FAN; HOCKEY STICK;; **BASIC TO NAT TOP 3;; NAT OPENING OUT;** **BACK SHOULDER TO SHOULDER - HANDSHAKE; SHADOW NY; RT-HAND UA TURN;** **SHAD BREAK w/ LADY'S HEADLOOP; AIDA; SWITCH & CROSS; CUCARACHA;**

PART B (MOD 2)

1-6 OPEN BREAK-MAN POINT LEFT; CIRCULAR SERPIENTE;; OPPOSITION FENCELINE; **(RT FT) CIRCULAR SERPIENTE;;**

Repeat Part B meas. 1-6 ;;;;;;

7-8 OPPOSITION FENCELINE TO A LEFT-HAND STAR; CHECK THRU & LOOK;

7 {Opp Fenceline to Left Hand Star} Both Check thru R (M twd LOD), rec L, sd R to left-hand star, - ;
Q - - 8 {Check Thru-Look} Both Check thru L (M twd RLOD & W twd LOD) and look at prtnr, - , - , - ;
(Q - -)

FOREVER AND A DAY

Quick Cues

Rumba-Ph. 5+1 (Advanced Alemana) Choreo.: Jack & Sharie Kenny Seq.: Intro-ABC-B(Mod 1)-D-A-B(Mod 2)
Music: "Forever And A Day" Album: Hilary Stagg - "Sweet Return", Track 4 (Amazon.com) SPEED: 43 (- 4.4%)

Starts with Man Facing Partner & Wall, Right Hands Joined, Lead Foot Free for Both.

INTRO: WAIT 3 LITTLE LEAD-IN NOTES & 2 MEAS;; SWEEP LEFT ARMS;

PART A: FULL FLIRT;; ONE SWEETHEART; LADY TO FAN; HOCKEY STICK;;
BASIC TO NAT TOP 3; TO FACE WALL; NATURAL OPENING OUT;
BACK SHOULDER TO SHOULDER TO A HANDSHAKE; SHADOW NY; RT-HAND UA TURN;
SHADOW BREAK WITH LADY'S HEADLOOP-HALF-OPEN-LINE; TO THE AIDA; SWITCH & CROSS;
(TRAIL FT) CUCARACHA;

PART B: OPEN BREAK-MAN POINT LEFT; LEFT FT-CIRCULAR SERPIENTE;; OPPOSITE FENCELINE;
RT FT-CIRCULAR SERPIENTE;; OPPOSITE FENCELINE 2X; 2ND ONE-MAN TOUCH - LEAD HANDS;

PART C: OPEN HIP TWIST; TO FACING FAN-HANDSHAKE; ALEMANA; KEEP THE HANDSHAKE;
SHADOW NY TO THE WALL; SPOT TURN TO FACE; FACING HOCKEY STICK;;
ADVANCED ALEMANA; TO FACE CENTER; OPEN HIP TWIST-OVERTURN TO SHADOW;
FOR 2 SWEETHEARTS;; HOCKEY STICK ENDING TO CENTER; CHASE WITH UA PASS TO THE WALL;;

PART B (MOD 1): OPEN BREAK-MAN POINT LEFT; LEFT FT-CIRCULAR SERPIENTE;;
OPPOSITE FENCELINE; RT FT-CIRCULAR SERPIENTE;;
OPPOSITE FENCELINE 2X; 2ND ONE-MAN IN 4;

PART D: NEW YORKER TO REV; UA TURN-CLOSING IT UP; FOR 2 CUDDLES;;
BACK BREAK-BOTH SPIRAL; THRU TO AIDA; SWITCH-ROCK; SPOT TURN TO LINE;
FENCELINE-REC-BOTH POINT LINE-HANDSHAKE;

PART A: FULL FLIRT;; ONE SWEETHEART; LADY TO FAN; HOCKEY STICK;;
BASIC TO NAT TOP 3; TO FACE WALL; NATURAL OPENING OUT;
BACK SHOULDER TO SHOULDER TO A HANDSHAKE; SHADOW NY; RT-HAND UA TURN;
SHADOW BREAK WITH LADY'S HEADLOOP-HALF-OPEN-LINE; TO THE AIDA; SWITCH & CROSS;
(TRAIL FT) CUCARACHA;

PART B (MOD 2): OPEN BREAK-MAN POINT LEFT; LEFT FT-CIRCULAR SERPIENTE;;
OPPOSITE FENCELINE; RT FT-CIRCULAR SERPIENTE; FOR THE ENDING;
OPPOSITE FENCELINE TO A LEFT-HAND STAR; CHECK THRU & LOOK;