

A Day In Life Of A Fool

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Music: A Day in The Life of A Fool Artist: Mark Chestnutt Album: Heard It In A Love Song trk # 4
Music link: <https://m.youtube.com/watch?v=JYehVq83pFw&feature=youtu.be>
Buy music: https://www.amazon.com/dp/B001GYRMNM/ref=dm_ws_tlw_trk4
Footwork: Opposite unless noted (Woman's footwork in Parentheses)
Rhythm: Waltz Phase 3 Degree of Difficulty: Easy Time: 2:14 as downloaded Speed: increase by 9%
Sequence: Intro A B A1-23 end

INTRODUCTION

1-4 SEMI LOD TRAIL FEET FREE WAIT 2 MEAS;; THRU CHASSE SEMI; THRU FC CL;

1-4 Wait 2 meas semi lod trail feet free;; Thru R, sd L/cl R, sd L; Thru R, sd L, cl R to CP wall;

PART A

1-4 HOVER; THRU SD CL BFLY; SOLO TURN 6;;

1-2 Fwd L, fwd & sd R rising, rec L to semi; Thru R, sd L, cl R;
3 Fwd L comm LF turn away from partner (W trn RF), cont trn sd R, cl L to complete 3/4 turn;
4 Bk R comm LF trn 1/4 (W RF trn), cont trn sd L, cl R to CP;

5-8 INTERRUPTED BOX;;;;

5-6 Fwd L, sd R, cl L; Bk R, sd L, cl R (W fwd L, comm RF circle under lead hnds fwd R, fwd L);
7-8 Fwd L, sd R, cl L (W cont circle RF fwd R, fwd L, fwd R to CP); Bk R, sd L, cl R to CP wall;

9-12 HOVER; MANUVER; PIVOT 3 SEMI; THRU FC CL;

9-10 Repeat meas 1 Part A; Fwd R trng RF, sd L trng RF, cl R fc CP rlod (W small fwd L, sd R, cl);
11 Bk L turng RF 3/8 leave R leg extended (W fwd R trng RF 3/8 leaving L leg extended back), fwd R
trng 3/8 RF (W bk L trn 3/8 RF leaving L leg extended fwd),sd & fwd L lead W to semi (W sd & bk R);
12 Thru R, sd L, cl R to CP wall;

13-16 HOVER; THRU CHASSE SEMI; THRU CHASSE BJO; MANUV;

13-14 Repeat meas 1 Part A; Thru R, sd L/cl R, sd L semi;
15 Thru R, sd L/cl R, sd L turn bjo (W trn lf bk R to bjo);
16 Fwd R trng RF, sd L trng RF, cl R fc cp rlod (W small bk L turning RF to cp, sd R, cl);

17-20 SPIN TURN; BOX FINISH; 2 LEFT TURNS;;

17-18 Bk L trng RF, fwd R hovering to dlw, rec bk L; Bk R, sd L trn to fc dlc, cl R to cp dlc;
19-20 Fwd L trn 3/8 LF, sd R, cl L; Bk R trn 3/8 LF, sd L, cl R CP wall;

21-24 BOX;; CANTER; TWICE;

21-24 Fwd L, sd R, cl L; Bk R, sd L, cl R; Sd L, draw R, cl R; Sd L, draw R, cl R;

PART B

- 1-4** **WALTZ AWAY; CHANGE SIDES TO OPEN RL0D; BK WALTZ; ROLL LADY ACROSS;**
1-3 Fwd L trn away from ptr, fwd R, cl L; Raising joined trail hands to lead the woman under and traveling
in a right face curve around the woman fwd R, fwd L, cl R end OP pos fc rlod; Bk L, bk R, cl L;
4 Release trail hnds sip R, sip L, sip R LOP rlod (W fwd L trn LF, sd & bk R trn LF, fwd L to LOP rlod);
- 5-8** **THRU TWINKLE; MANUVER; IMPETUS SEMI; THRU FC CL WALL;**
5-6 Step thru to rlod XLIF (W XRIF), sd R trng LF, cl L to R end in OP lod; Repeat meas 10 of Part A;
7-8 Bk L trng RF, cl R heel trn (W sd & fwd L arnd M), fwd L in tight SCP; Thru R, sd L, cl R to CP wall;

END

- 1** **SD LUNGE;**
1 Sd L,;;

HEAD CUES

INT) Semi trail feet free WW;; Chasse semi; Thru fc cl;

- A) Hover; Thru sd cl bfly; Solo turn 6;;**
Interrupted box;;;;
Hover; Manuv; Pivot 3 semi; Thru fc cl;
Hover; Thru chasse semi; Thru chasse bjo; Manuv;
Spin turn; Box finish; 2 left turns;;
Box;; Canter; Twice;
- B) Waltz away; Change sides to op rlod; Bk waltz; Roll W across LOP;**
Thru twinkle; Manuv; Impetus semi; Thru fc cl;
- A) Hover; Thru sd cl bfly; Solo turn 6;;**
Interrupted box;;;;
Hover; Manuv; Pivot 3 semi; Thru fc cl;
Hover; Thru chasse semi; Thru chasse bjo; Manuv;
Spin turn; Box finish; 2 left turns;;
Box;; Canter; Side lunge;

END) Side lunge;