



SEE THE DAY

Choreographers:	Release date: April 2018
Annette & Frank Woodruff	Rhythm & Phase: Waltz IVa (11 figures)
	Music: Artist = Girls Aloud, from album “The Sound of Girls Aloud”. See Music links*.
Rue du Camp, 87 7034 Mons, Belgium Tel: 3265 73 19 40	Time & Speed: Download length 4:00, fade out from 3:50
	Footwork: Opposite except where indicated (W's footwork in parentheses)
annetteandfrank@gmail.com	Sequence: Intro – ABC – ABCD - BC – C(1-4) - Ending

INTRODUCTION

None	SCAR DLW ld ft free wait for “When You” and start dancing on “look”.
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PART A

1 - 3	Cross Hover to BJO & to SCAR & to SCP LOD ;;;	XLif, sd R w/ rise trng LF, rec L to BJO DLC ; XRif, sd L w/ rise trng RF, rec R to SCAR DLW ; XLif, sd R w/ rise trng LF, rec L (<i>W XRib, sd L w/ strong RF bdy trn, sd & fwd R</i>) to SCP LOD ;
4 - 5	In & Out Runs ;;	Trng RF fwd R, sd & bk L in frnt of W to CP RLOD, bk R (<i>W fwd L, fwd R between M's ft, fwd L</i>) to BJO RLOD ; trng RF bk L, contg trn fwd R between W's ft, sd & fwd L (<i>W trng RF fwd R, contg trn sd L in frnt of M, contg trn brush R to L & step fwd & sd R</i>) to SCP DLC ;
6 - 7	Weave to SCP ;;	Fwd R, fwd L trng LF to CP, sd & slightly bk R (<i>W fwd L trng LF in frnt of M, sd & slightly bk R to CP, cont trn on R until fcg LOD then fwd L</i>) to BJO RLOD ; bk L, bk R trng LF, sd & fwd L (<i>W fwd R, L, R</i>) to SCP DLW ;
8	Cross Pivot to SCAR ;	Fwd R in frnt of W begin RF trn, sd L cont trn, fwd R (<i>W fwd L sm stp comm RF trn, fwd R between M's ft heel to toe pvt 1/2 RF, sd & bk L</i>) to SCAR DLW ;
9 - 11	Cross Hover to BJO & to SCAR & to SCP LOD ;;;	Repeat meas 1-8 Part A ;;;;;;;
12 - 13	In & Out Runs ;;	
14 - 15	Weave to SCP ;;	
16	Cross Pivot to SCAR ;	

PART B

1	Drag Hesitation ;	Forward L commence LF turn no rise, side and back R preparing for Banjo, draw L (<i>W Bk R comm LF turn, sd & fwd L prepg for BJO, draw R</i>) to BJO DRC ; [<i>W may open head on ‘&’ of beat 1, & close head on beat 3. Head should open quickly and close slowly</i>]
2	Back, Back/lock Back ;	Bk L, bk R/lk Lif, bk R ;
3	Impetus to SCP LOD ;	Bk L comm RF trn, trn on L heel & cl R risg at end of trn to fc LOD, cont bdy trn & step sd & fwd L (<i>W fwd R between M's ft comm RF trn, sd & arnd ptr L risg & brushg R to L, contg RF trn sd & fwd R twd LOD</i>) to SCP LOD ;
4	Thru Hover to BJO ;	Thru R, fwd & sd L risg & leavg R extended bk , rec R to BJO bkg RLOD & prepg for ptr to step outsd (<i>W Thru L comm LF trn, sd & bk R contg trn & brush L to R, sd & fwd L prepg to step fwd outsd ptr in BJO</i>) ;
5	Back Hover to SCP ;	Bk L, bk R risg sltly, rec L (<i>W fwd R in BJO comm RF trn, sd & bk L contg trn & brush R to L, sd & fwd R</i>) to SCP LOD ;
6	Chair & Slip ;	Ck fwd R w/bent knee & bdy erect [making a “chair”], rec L w/ slight LF trn, sm bk R (<i>W Ck fwd L w/ bent knee & bdy erect, rec R & swvl LF on ball of R, fwd L outsd M's R ft</i>) to CP DLC ;
7	Telemark to SCP ;	Fwd L risg comm LF trn, sd & arnd ptr R bkg LOD, contg LF trn sd & fwd L twd DLW (<i>W Bk R & nearly straighten legs leavg ft flat, bring L beside R w/o weight then trn on heel of R to face DLW then Xfer weight to the flat of the L ft, contg LF trn sd & fwd R twd DLW</i>) to SCP DLW ;
8	Thru Face Close to BFLY ;	Thru R & trn to fc, sd L, cl R to BFLY WALL ;

PART C

1	Step to OP & Swing ;	Sd & fwd L to OP LOD, swing R fwd toe pt dwn, - ;
2	Spin Maneuver ;	Relg handhold fwd R stg RF trn, contg RF trn to fc RLOD sd L, cl R (<i>W full LF spin L, R, L</i>) to CP RLOD ;
3	Hesitation Change ;	Bk L comm RF trn, sd R trng to fc DLC, draw L to end in CP DLC ;
4	Telemark to SCP ;	Rpt meas 7 Part B ;
5	Thru Point ;	Bendg L knee thru R long step, pt insd edge of L ft twd DLW, - ;
6	Slip Pivot to BJO ;	Bk L, bk R trn LF keepg L leg extended, fwd L (<i>W bk R stg LF pvt on ball of ft w/ thighs locked L leg extended, fwd L cont trn plcg L near M's R ft, bk R</i>) to BJO DLW ;
7	Maneuver ;	Stg RF trn fwd R, cont trn sd L, cl R (<i>W stg RF trn bk L, cont trn sd R, cl L</i>) to CP RLOD ;
8	Pivot 3 to SCP ;	Commg RF upper bdy trn bk L trng RF approx. 3/8 leavg R leg xtnd in frt, fwd R between W's ft heel to toe trng RF approx. 3/8, sd & fwd L (<i>W Commg RF upper bdy trn fwd R between M's ft heel to toe turng RF 3/8 leavg L leg xtnd behind, bk L trng RF 3/8 leavg R leg xtnd in frt, sd & fwd R</i>) to SCP LOD ;
9	Outside Swivel to BJO ;	Thru R, XLib no wgt (<i>W thru L, swvl LF on ball of L</i>) to BJO DRC, - ;
10	Back, Back Lock Back ;	Bk L, bk R/lk Lif, bk R ;
11	Outside Swivel to SCP ;	Bk L, XRif no wgt (<i>W fwd R, swvl RF on ball of R</i>) to SCP DLW, - ;
12	Thru, Forward Lock Forward ;	Thru R, fwd L/lk Rib, fwd L ;
13	Thru Ronde ;	Thru R, ronde L CW (<i>W ronde R CCW</i>) to fc ptr, - ;
14	Hover ;	Fwd L, fwd & sd R rise to ball of ft, rec L to SCP LOD ;
15	Thru Semi Chasse ;	Thru R, sd & fwd L/cl R, sd & fwd L ;
16 [1 st time]	Pick Up to SCAR DLW ;	Sm fwd R, sd L, cl R (<i>W trng LF fwd L, sd R foldg in front of M, cl L</i>) to SCAR DLW ;

Repeat Parts A, B, C

16 [2 nd time]	Pick Up to CP DLC ;	Sm fwd R, sd L, cl R (<i>W trng LF fwd L, sd R foldg in front of M, cl L</i>) to CP DLC ;
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PART D

1 - 4	Diamond Turn ;;;;	Fwd L, trng ¼ LF sd R, bk L to BJO DRC ; bk R, trng¼ LF sd L, fwd R to BJO DRW ; fwd L, trng ¼ LF sd R, bk L to BJO DLW ; bk R, sd L trng ¼ LF, fwd R to CP DLC ;
5	1 Left Turn ;	Fwd L stg LF upper bdy trn, contg trn sd & bk R, cl L to CP RLOD ;
6	Hover Corte ;	Bk L, trng LF sd & fwd L LOD leavg R leg in pl, compg ½ LF trn rec R (<i>W fwd L trng LF, sd & fwd R contg trn & brush L to R, rec L</i>) to BJO LOD ;
7	Back Whisk ;	Bk L, bk & sd R w/ rise, XLib to SCP DLC ;
8	Slow Side Lock ;	Thru R, sd & fwd L to CP, XRif trn slighly LF [or cl R if preferred] (<i>W thru L stg LF trn, sd & bk R cont trn to CP, XLif</i>) to CP DLC ;

Repeat Parts B & C

16 [3 rd time]	Thru Face Close to BFLY ;	Thru R & trn to fc, sd L, cl R to BFLY WALL ;
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Repeat Part C (1-4)**ENDING**

1	Thru Semi Chasse ;	Rpt meas 15 Part C ;
2	Thru Face Close to CP ;	Thru R & trn to fc, sd L, cl R to CP WALL ;
3	Side Corte ;	Slowly step sd L and turn head slowly to look RLOD w/ R leg xtd sd toe ptd ;

*Music Links: Purchase: https://www.amazon.com/See-The-Day/dp/B001O0MOKE/ref=sr_1_1?s=dmusic&ie=UTF8&qid=1524508495&sr=1-1&keywords=See+the+day+-+girls+aloud
 To Listen to Full Music:
<https://www.google.be/search?q=you+tube+see+the+day+girls+aloud&oq=you+tube+see+the+day+girls+aloud&aqs=chrome..69i57.5411j0j8&sourceid=chrome&ie=UTF-8> OR <https://open.spotify.com/track/5zjh1yfZOKulWzTupc9yzm>

SEE THE DAY – Woodruff – WZ **IV-a – 03:59 – Girls Aloud**

SCAR DLW Id ft free - wait for “When you” and start dancing on “look”.

Part A (16 meas)

Cross Hover to BJO ; & to SCAR ; & To SCP ; **In & Out Runs** ; ;

Weave to SCP ; ; **Cross Pivot** to SCAR ;

Cross Hover to BJO ; & to SCAR ; & To SCP ; In & Out Runs ; ;

Weave to SCP ; ; Cross Pivot to SCAR ;

Part B (8 meas)

Drag Hesitation ; Bk Bk Lk Bk ; Impetus to SCP LOD ; Thru Hover to BJO ;

Back Hover to SCP ; **Chair & Slip** ; **Telemark to SCP** ; Thru Fc Cl to BFLY ;

Part C (16 meas)

Step to OP & Swing ; Spin Manuv ; **Hesitation Chg** ; Telemark to SCP ;

Thru Point ; Slip Pivot to BJO ; Manuv ; Pivot 3 to SCP ;

Outsd Swiv to BJO ; Bk Bk Lk Bk ; Outsd Swiv to SCP ; Thru Fwd Lk Fwd ;

Thru Ronde ; Hover ; Thru Semi Chasse ; Pick Up to SCAR DLW ;

Part A (16 meas)

Cross Hover to BJO ; & to SCAR ; & To SCP ; In & Out Runs ; ;

Weave to SCP ; ; Cross Pivot to SCAR ;

Cross Hover to BJO ; & to SCAR ; & To SCP ; In & Out Runs ; ;

Weave to SCP ; ; Cross Pivot to SCAR ;

Part B (8 meas)

Drag Hesitation ; Bk Bk Lk Bk ; Impetus to SCP LOD ; Thru Hover to BJO ;

Back Hover to SCP ; Chair & Slip ; Telemark to SCP ; Thru Fc Cl to BFLY ;

Part C (16 meas)

Step to OP & Swing ; Spin Manuv ; Hesitation Chg ; Telemark to SCP ;

Thru Point ; Slip Pivot to BJO ; Manuv ; Pivot 3 to SCP ;

Outsd Swiv to BJO ; Bk Bk Lk Bk ; Outsd Swiv to SCP ; Thru Fwd Lk Fwd ;

Thru Ronde ; Hover ; Thru Semi Chasse ; Pick up ;

Part D (8 meas)

Diamond Turn ; ; ; ; 1 Left Turn ; **Hover Corte** ; Back Whisk ; **Slow Side Lock** ;

Part B (8 meas)

Drag Hesitation ; Bk Bk Lk Bk ; Impetus to SCP LOD ; Thru Hover to BJO ;

Back Hover to SCP ; Chair & Slip ; Telemark to SCP ; Thru Fc Cl to BFLY ;

Part C (16 meas)

Step to OP & Swing ; Spin Manuv ; Hesitation Chg ; Telemark to SCP ;

Thru Point ; Slip Pivot to BJO ; Manuv ; Pivot 3 to SCP ;

Outsd Swiv to BJO ; Bk Bk Lk Bk ; Outsd Swiv to SCP ; Thru Fwd Lk Fwd ;

Thru Ronde ; Hover ; Thru Semi Chasse ; Thru Fc Cl to BFLY ;

Part C (4 meas)

Step to OP & Swing ; Spin Manuv ; Hesitation Chg ; Telemark to SCP ;

Ending (3 meas)

Thru Semi Chasse ; Thru Face Close to CP ; Side Corte ;



Girls Aloud are an English-Irish pop girl group comprising singers Cheryl, Nadine Coyle, Sarah Harding, Nicola Roberts and Kimberley Walsh. The group achieved a string of twenty consecutive top ten singles in the United Kingdom, including four number ones. They also achieved seven certified albums, of which two reached number one. Girls Aloud's collaborations with Brian Higgins and his songwriting and production team Xenomania earned the group critical acclaim, due to an innovative approach to mainstream pop music. The group had amassed a fortune of £30 million by May 2010. In March 2013, the group announced their split.