I HOPE THIS DAY IS GOOD

Choreographers: Gus & Lynn DeFore, 2206 Briarfield St, Camarillo, CA 93010 (805) 482-0882
Email: defore.rdancer@verizon.net   Website: www.gusdefore.com
CD: I HOPE YOU DANCE Lee Ann Womack Itunes or Amazon.com – Lord, I Hope This Day Is Good
SPEED: Normal Time 2:57
Footwork: Opposite unless noted   RELEASED 9-3-2010
Rhythm/Level: Two-Step   Phase II +1 (Slow Hover Thru)

Sequence: **INTRO A   A   B   A C   B   A   END**

INTRO
{LOP FCG WALL} WAIT 2 MEAS ;; TWIRL VN 2 &a SD 2 STEP ;; REV TWIRL VN 2 &a SD 2 STEP ;;
1-8   LOP M fcg WALL wait 2 meas;; [TWIRL VN 2 &a SD 2 STP] Sd L,-, XRIB (W trng RF under lead hnds one full trn R ,-, L),-;
sd L , cls R , sd L ,-; [REV TWIRL VN 2 &a SD 2 STP] Sd R,-, XLIB (W trng LF under lead hnds one full trn L ,-, R),-;
sd R , cls L , sd R ,-;
½ BOX ; SCIS THRU ;
[1/2 BOX] LOP WALL sd L, cls R, fwd L to end in CP WALL ,-; [SCIS THRU] Sd R, cls L, XRIF (W XLIF) to end SCP LOD ,-;

PART A
{SCP LOD} 2 FWD 2 STEPS ;; 2 TRNG 2 STEPS ;; CIR AWAY 2 TWO STEPS ;; STRUT TOG IN 4 ;; {BFLY WALL}
1-16   SCP LOD fwd L , cls R , fwd L ,-; Fwd R , cls L , fwd R ,-; [2 TRNG 2'S] Sd L trng RF, cls R trng RF, bk L ,-;
Sd R trng RF, cls L trng RF, fwd R to end in CP WALL ,-;
[CIR AWAY 2-2's] Release ptr and circle away LF (W RF) fwd L , cls R , fwd L ,-; Fwd R , cls L, fwd R end fcg RLOD ,-;
[STRUT TOG IN 4] Fcg RLOD both cont to circle LF (W RF) twd ptr strutting action fwd L ,-, R ,-; L,-, R to end in BFLY WALL ,-;
{BFLY WALL} TRAVELING DOOR TWICE ;;;; OP VN 4 ;; PIVOT 2 TO SEMI ; WLK 2 ; {SCP LOD}
[TRAVELING DOOR TWICE] Rk sd L ,-, rec R ,-; XLIF, sd R , XLIF(W XRIF , sd L , XRIF),-; Rk sd R ,-, rec L ,-;
XRIF , sd L , XRIF ,-; [OP VN 4] Sd L,-, XRIB (W XLIB) to LOP RLOD,-; Trng to fc ptr sd L,-, XRIF (W XLIF) to end in LOP ,-;
[PIVOT 2] Blend to loose CP with knees bent comm RF upper body trn fwd L on ball of ft trng RF,-, cont trng RF fwd R btwn W feet
to end in SCP LOD,-; [WLK 2] SCP fwd L,-, fwd R,-;

PART B
{SCP LOD} 2 FWD 2 STEPS ;; BASKETBALL TRN TO VARS ;; 2 FWD 2 STEPS ;; HITCH DBL ;; {VARS LOD}
1-16   [2 FWD 2'S] SCP LOD Repeat action of meas 1 & 2 of Part A ;; [BASKETBALL TRN TO VARS] Lunge sd L ,-,
rec R trng RF (W LF) to LOP RLOD ,-; Lunge L RLOD ,-, rec R trng RF (W LF) to end FCG LOD in VARS,-;
[2 FWD 2'S] In VARS LOD Repeat action of meas 1 & 2 of Part A to end in VARS LOD ;;
[HITCH DBL] In VARS LOD Fwd L , cls R, bk L ,-; Bk R, cls L , fwd R trng ¼ RF (W trng ¼ LF) to end in VARS LOD ,-;
START LEFT LARIAT ;;; FIN LARIAT TO CP WALL ; SLOW HVR THRU ;; SD DRAW CLS TWICE ;;
[START LEFT LARIAT] VARS stp in plc L ,R ,L (W trng LF in front arnd M maintain jnd hnds fwd R , fwd L, fwd R),-;
Cont in plc with jnd hnds R , L, R (W cont trng LF arnd M fwd L ,fwd R ,fwd L),-; Cont in plc trn RF ¼ with jnd hnds
in plc L ,R ,L to fc WALL (W cont trng LF arnd M fwd R ,fwd L ,fwd R),-; [FINISH LEFT LARIAT] Fcg Wall
In plc release hnds R , L, R to end in CP WALL (W cont trng LF fwd L ,fwd R ,fwd L to end in CP fcg ptr),-;
[HVR THRU] CP WALL Fwd L ,-, fwd & sd R rising on ball of ft ,-; Rec fwd L to SCP LOD ,-, fwd R ,-;
[SD DRAW CLS TWICE] Blend to CP WALL sd L,-, draw R cls R,-; Sd L,-, draw R cls R to end in CP WALL,-;

PART C
{SCP LOD} 2 FWD 2 STEPS ;; 2 TRNG 2 STEPS ;; BOX ;; OP VN 4 ;; AWAY STEP STEP ; TOG STEP STEP ;
1-16   [2 FWD 2'S] SCP LOD Repeat action of meas 1 & 2 of Part A ;; [2 TRNG 2'S] Repeat action of meas 3 & 4 of Part A to end
In CP WALL ;; [BOX] CP WALL sd L, cls R, fwd L ,-; Sd R, cls L, bk R to end in CP WALL ,-;
[OP VN 4] Sd L,-, XRIB (W XLIB) to LOP RLOD,-; Trng to fc ptr sd L,-, XRIF (W XLIF) to end in BFLY WALL,-;
[AWAY STP STP] Trn LF ¼ (W RF ¼) away from ptr releasing lead hnds stp fwd L, fwd R, fwd L
maintain trailing jnd hnds,-; [TOG STP STP] Fwd R , trng RF (W LF) twd ptr in plc L, R to end in BFLY WALL,-;
{BFLY WALL} AWAY STEP STEP ; TOG STEP STEP ; APART 2 BKWRD 2 STEPS ;; STRUT TOG IN 4 ;; {SCP LOD}
[AWAY STP STP] Repeat action of meas 9 of part C; [TOG STP STP] Repeat action of meas 10 of part C;
[APART 2 BKWRD 2'S] BFLY WALL Release ptr Bk L , cls R , bk L ,-; Bk R , cls L , bk R to end 6 FT APART,-;
[STRUT TOG IN 4] Repeat action of meas 7 & 8 of Part A to end in SCP LOD ;;

END
{SCP LOD} 2 FWD 2 STEPS ;; TWIRL VN 2 ; APART PT ;
1-4   [2 FWD 2'S] Repeat action of meas 1 & 2 of PART A ;; [TWIRL VN 2] Sd L,-, XRIB (W trng RF under lead hnds
one full trn R ,-, L),-; [APART PT] Apart L ,-, pt R twd ptr ,-;