

A Hard Day's Night

Released: July 2021
Choreo: Fred & Linda Ayres, 1413 Rosedown St., Longview, TX, USA, 75604 Tele: [903] 736-5718
lindafredayres@gmail.com
Music: A Hard Day's Night Artist: Deborah Dixon Album: Jazz and Essentials Available for
download as single at Amazon Music
Time: As downloaded 2:53 Recommended speed: Slow to 42 in Dancemaster (28 mpm)
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Rhythm: Foxtrot Phase: IV+1 (Double Reverse Spin) Difficulty: Average
Sequence: INTRO A B A C B A-MOD END

INTRO

- 1-4** **(OP/BOTH FCG COH) R FT FREE WAIT PU NOTES NO HANDS JOINED - CIRC R 4
W/SNAPS ; ; QK THRU SD BEH FAN ; QK BEH SD THRU FAN (SKTRS/WALL);**
{Wait} OP/both facing COH no hnds jnd wait 1 ½ beats
- SS SS (1-2) {Circ 4 } RF circle R, - L, - ; R, - L, - around W (RF circ R, - L, - ; R, -, L, - taking smaller steps) ;
SKTRS/WALL
- QQS (3) {Qk thru sd beh fan} XRif, sd L, XRib, fan L (XRif, sd L, XRib, fan L) ; SKTRS/WALL
- QQS (4) {Qk beh sd thru fan} XLib, sd R, XLif, fan R (XLib, sd R, XLif, fan R) ; SKTRS/WALL
- 5-8** **2 SKTR NAT'L TRNS ; ; P/U LK W IN 4 (CP/DLC) ; DBL REV SPN (CP/DLC);**
- SQQ SQQ (5-6) {Sktr nat trns} comm RF upper body trn fwd R, -, sd L acrs LOD, bk R (comm RF upper body
trn fwd R, -, sd L acrs LOD, bk R) ; bk L starting RF trn, -, cont trn on L heel sd & fwd R, fwd L
(bk L starting RF trn, -, cont trn on L heel sd & fwd R, fwd L) ; SKTRS/DLC
- SQQ (QQQQ) (7) {P/U lk} fwd R, -, fwd and sd L with LF upper body trn leading W to CP/DLC, lk Rib; (fwd R,
fwd L comm LF trn, fwd R cont LF trn, lk Lif) ; CP/DLC
- SQ- (SQ&Q) (8) {Dbl rev spn} fwd L comm 3/8 LF trn, -, sd R, spin LF between beats 3 and 4 on ball of R
bringing L ft under body beside R with no weight flexed knees (bk R comm LF trn, -, cl L foot
close to R heel trng 1/2 LF between steps 1 and 2/sd and slightly bk R cont LF trn, XLif) ;
CP/DLC
- 9-12** **TRN L & CHASSE (BJO) ; BK TWST VN 4 ; BK BK/LK BK; HES CHG ;**
- SQ&Q (9) {Trn L & chasse} fwd L comm LF upper body trn, -, sd R/cl L, sd R to BJO (bk R comm LF
upper body trn, -, sd L/cl R, sd L to BJO) ; BJO/DRC
- QQQQ (10) {Bk twst vn 4} comm RF trn XLib, sd R, XLif, sd R (comm RF trn XRif, sd L, XRib, sd L) ;
BJO/DRC
- SQ&Q (11) {Bk bk/lk bk} in BJO bk L, -, bk R/lk L in front of R, bk R (fwd R, -, fwd L/lk R in bk of L, fwd L) ;
BJO/DRC
- SS (12) {Hes chg} comm RF upper body trn bk L, -, sd R cont RF trn starting to draw L to R & cont
drawing L to R, - (comm RF upper body trn fwd R, -, sd L cont RF trn starting to draw R to L &
cont drawing R to L, -) ; CP/DLC

PART A

- 1-4** **TELE (SCP) ; OP NAT'L TRN ; BK HVR TELE ; FTHR ;**
- SQQ (1) {Tele} fwd L comm to trn LF, -, sd R cont LF trn, sd & slightly fwd L to SCP (bk R comm to trn L
bringing L beside R with no weight, -, trn LF on R heel [heel turn] & chg weight to L, sd &
slightly fwd R to SCP) ; SCP/DLW
- SQQ (2) {Op nat trn} comm RF upper body trn fwd R, -, sd L across LOD, cont slight RF upper body trn
bk R leading ptr to BJO (fwd L, -, fwd R, fwd L to BJO) ; BJO/DRC
- SQQ (3) {Bk hvr tele} comm RF upper body turn bk L, -, sd & fwd R cont trn rising slightly [hvr] with
body trng 1/4 RF, sd & fwd L small step to SCP (comm RF upper body trn fwd R, -, sd & fwd L
cont RF trn rising slightly [hvr], sd & fwd R to SCP) ; SCP/DLC

- SQQ (4) {**Fthr**} fwd R, -, fwd L, fwd R outside ptr in BJO (thru L trng LF twd ptr, -, sd & bk R, bk L in BJO) ; BJO/DLC
- 5-8** **REV TRN ; ; FISHTAIL ; SD DRAW CL (FC) ;**
- SQQ SQQ (5-6) {**Rev trn**} fwd L comm LF body trn, -, sd R cont trn, bk L LOD to CP (bk R starting LF trn, -, cl L to R [heel turn] cont trn, fwd R to CP) ; bk R cont LF trn, -, sd & slightly fwd L DLW, fwd R to BJO (fwd L cont LF face trn, -, sd R to DLW, bk L to BJO) ; BJO/DLW
- QQQQ (7) {**Fishtail**} XLib, as body comm RF trn take a small step to sd on R, completing 1/4 RF body trn fwd L with L shldr leading, XRib; (XRif, as body comm RF trn take a small step to sd on L, completing 1/4 RF body trn bk R with R shldr leading, XLif) ; BJO/WALL
- S-Q (8) {**Sd drw cl**} sd L, -, draw R, cl R; CP/WALL
- 9-12** **QK VN 8 ; ; TRNG SD TAP (2X) (DLW) ; CHG DIR ;**
- QQQQ QQQQ (9-10) {**Qk vn 8**} sd L, XRib, sd L, XRif (sd R, XLib, sd R, XLif) ; sd L, XRib, sd L, XRif (sd R, XLib, sd R, XLif) ; CP/WALL
- Q-Q- (11) {**Trng sd tap**} sd L, tap R toe beh L ft, sd R, tap L toe beh R ft trng 1/8 LF to fc DLW (sd R, tap L toe beh R ft, sd L, tap R toe beh L ft trng 1/8 LF to fc DLW) ; CP/DLW
- SS (12) {**Chg Dir**} fwd L, -, fwd R right shoulder ldg trng LF starting to draw L to R & cont drawing L to R over remainder of meas, - (bk R, -, bk L L shldr ldg trng LF starting to draw R to L & cont drawing R to L over remainder of meas, -) ; CP/DLC

PART B

- 1-4** **TELE (BJO) ; MANUV SD CL ; CL IMP ; FTNR FIN ;**
- SQQ (1) {**Tele**} fwd L comm to trn LF, -, fwd & sd R around W, fwd & sd L to end in BJO (bk R comm LF heel trn on R heel bringing L beside R with no weight, -, cont LF trn on R heel and chg weight to L, bk & sd R) ; BJO/DLW
- SQQ (2) {**Manuv sd cl**} comm RF trn fwd R, -, cont RF trn to fc ptr sd & bk L, complete trn cl R; (bk L comm RF trn, -, cont RF trn sd & fwd R, cl L) ; CP/RLOD
- SQQ (3) {**Cl imp**} comm RF upper body trn bk L, -, cl R to L [heel turn] cont trn, sd & bk L to CP (Comm RF upper body trn fwd R between M's ft trng RF, -, sd & fwd L cont RF trn around man and brush R to L, fwd R between M's ft to CP) ; CP/DLW
- SQQ (4) {**Fthr fin**} bk R trng LF, -, sd & fwd L, fwd R to BJO (fwd L trng LF, -, sd & bk R, bk L) ; BJO/DLC
- 5-8** **DIAM TRN 1/2 ; ; QK DIAM IN 4 ; DIP BK REC (DLC) ;**
- SQQ SQQ (5-6) {**Diam trn**} fwd L trng LF on the diagonal, -, cont LF trn sd R, bk L with ptr outside the M in BJO (bk R trng LF on the diagonal, -, cont LF trn sd L, fwd R outside ptr) ; staying in BJO and trng LF bk R, -, sd L, fwd R outside ptr in BJO (fwd L trng LF, -, sd R, bk L) ; BJO/DRW
- QQQQ (7) {**Qk diam in 4**} fwd L on the diagonal comm LF trn, cont LF trn sd R, bk L, bk R to CP (bk R on the diagonal comm LF trn, cont LF trn sd L, fwd R, fwd L to CP) ; CP/LOD
- SS (8) {**Dip bk rec**} sd & bk L, -, rec R trng LF, - ; CP/DLC

REPEAT PART A**PART C**

- 1-4** **REV WAVE ; ; BK FTHR ; BK 3 STP ;**
- SQQ SQQ (1-2) {**Rev wave**} fwd L comm LF body trn, -, sd R, bk L diagonally (bk R comm LF body trn, -, cl L to R [heel turn], fwd R diagonally) ; bk R, -, bk L, bk R curving LF to end facing RLOD (fwd L, -, fwd R, fwd L curving LF) ; CP/RLOD
- SQQ (3) {**Bk fthr**} bk L, -, bk R with R shoulder leading, bk L to BJO (fwd R, -, fwd L with L shoulder leading, fwd R to BJO) ; BJO/RLOD
- SQQ (4) {**Bk 3 stp**} sd & bk R, -, bk L, bk R; CP/RLOD
- 5-8** **IMP (SCP) ; PROM WEAVE ; ; CHG DIR ;**
- SQQ (5) {**Imp**} comm RF upper body trn bk L, -, cl R to L [heel turn] cont RF, complete trn fwd L in SCP (comm RF upper body trn fwd R between M's ft pvtg 1/2 RF, -, sd & fwd L continue trn around M brush R to L, complete trn fwd R) ; SCP/DLC

- SQQ QQQQ (6-7) **{Prom weave}** fwd R, -, fwd L comm LF trn, sd & slightly bk on R to BJO/RL0D (fwd L, -, sd & slightly bk R comm LF trn to BJO/LOD, fwd L) ; bl L DLC, sd & bk R comm LF trn & lead W to CP, sd and slightly fwd L DLW, fwd R outside ptr to BJO/DLW (fwd R, fwd L comm LF trn, cont LF trn sd & slightly bk R, bk L to BJO) ; BJO/DLW
- SS (8) **{Chg dir}** repeat Part A measure 12
- 9-12** **TELE (BJO) ; MANUV SD CL ; BK BK/LK BK ; HES CHG ;**
- SQQ (9) **{Tele}** repeat Part B meas 1
- SQQ (10) **{Manuv sd cl}** repeat Part B meas 2
- SQ&Q (11) **{Bk bk/lk bk}** repeat Intro measure 11
- SS (12) **{Hes chg}** repeat Intro meas 12

REPEAT PART B

PART A (MOD)

- 1-4** **TELE (SCP) ; OP NAT'L TRN ; BK HVR TELE ; FTHR ;**
- SQQ 1 **{Tele}** Repeat Part A meas 1
- SQQ 2 **{Op nat trn}** Repeat Part A meas 2
- SQQ 3 **{Bk hvr tele}** Repeat Part A meas 3
- SQQ 4 **{fthr}** Repeat Part A meas 4
- 5-8** **REV TRN ; ; FISHTAIL ; SD DRAW CL (FC) ;**
- SQQ SQQ 5-6 **{Rev trn}** Repeat Part A meas 5-6
- QQQQ 7 **{Fishtail}** Repeat Part A meas 7
- S-Q 8 **{Sd drw cl}** Repeat Part A meas 8
- 9-12** **QK VN 8 ; ; SD TAP (2X) ; SD WK W TRN R IN 2 (SKTRS/WALL) ;**
- QQQQ QQQQ 9-10 **{Qk vn 8}** Repeat Part A meas 9-10
- Q-Q- 11 **{Sd tap}** sd L, tap R toe beh L ft, sd R, tap L toe beh R ft (sd R, tap L toe beh R ft, sd L, tap R toe beh L ft) ; CP/WALL
- SQQ(SS) 12 **{Sd wk W trn R in 2}** sd L, -, cl R, sd L (sd R pvtg RF to fc wall, -, sd L, -) ; SKTRS/WALL

END

- 1-4** **QK THRU SD BEH FAN; QK BEH SD THRU FAN; SKTR NAT'L TRNS ; ;**
- QQS (1) **{Qk thru sd beh fan}** repeat intro meas 3
- QQS (2) **{Qk beh sd thru fan}** repeat intro meas 4
- SQQ SQQ (3-4) **{Sktr nat'l trns}** repeat intro meas 5 and 6
- 5-7** **SKTR FRNT VN 7 & HOLD ; ; LUNGE SD & HOLD WITH JAZZ HANDS ;**
- QQQQ QQQ- (5-6) **{Sktr frnt vn 7 & hold}** XRif, sd L, XRib, sd L (XRif, sd L, Xrib, sd L) ; XRif, sd L, Xrib, - (XRif, sd L, XRib, -) ; SKTRS/WALL
- S-- (7) **{Lunge sd & hold}** lunge sd L, -, - (lunge sd L, -, -) ; L lunge ln/WALL

QUICK CUES

SEQUENCE: INTRO A B A C B A-MOD END

INTRO

WAIT PU NOTES, CIRC RT 4 W/SNAPS to SKTR/WALL;; QK THRU SD BEH FAN; QK BEH SD THRU FAN;
SKTR NAT'L TRNS;; P/U LK W IN 4 (DLC); DBL REV (DLC);
TRN L & CHASSE BJO; BK TWST VN 4; BK BK/LK BK; HES CHG;

PART A

TELE (SCP); OP NAT'L; BK HVR TELE; FEA;
REV TRN;; FISHTAIL; SD DRAW CL (FC);
QK VINE 8;; TRNG SD TAP (X2)(DLW); CHG DIR;

PART B

TELE (BJO); MANUV SD CL; CL IMP; FEA FIN;
DIAM TRN ½;; QK DIAM IN 4; DIP BK REC (DLC);

PART A

TELE (SCP); OP NAT'L; BK HVR TELE; FEA;
REV TRN;; FISHTAIL; SD DRAW CL (FC);
QK VINE 8;; TRNG SD TAP (X2)(DLW); CHG DIR;

PART C

REV WAVE;; BK FEA; BK 3 STP;
IMP (SCP); PROM WEAVE;; CHG DIR;
TELE (BJO); MANUV SD CL; BK BK/LK BK; HES CHG;

PART B

TELE (BJO); MANUV SD CL; CL IMP; FEA FIN;
DIAM TRN ½;; QK DIAM IN 4; DIP BK REC (DLC);

PART A (MOD)

TELE (SCP); OP NAT'L; BK HVR TELE; FEA;
REV TRN;; FISHTAIL; SD DRAW CL (FC);
QK VINE 8;; SD TAP (X2); SD WK W TRN R in 2 (SKTRS/WALL);

END

QK THRU SD BEH FAN; QK BEH SD THRU FAN; SKTR NAT'L TRNS;;
SKTR FRNT VN 7 HOLD;; LUNGE SD & HOLD w/JAZZ HNDS;