

EIGHT DAYS A WEEK

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RECORD: CD „1“ (EMI ELECTROLA LC0299)
ARTIST: The Beatles
RHYTHM & PHASE: Jive & Twostep Phase III+1 (Pretzel turn)
FOOTWORK: Opposite
SEQUENCE: Intro – A – A – B – A – B – A - Ending

INTRODUCTION

1 – 4 OP FCG/WALL WAIT 2 MEASURES;; APT, PT; TOG, TCH TO CP;

- 1-2 Face partner in open position M's L ft free wait; wait;
- 3 apt L COH, -, pt R LOD, -;
- 4 tog R WALL, -, tch R to CP M fcg WALL, -;

PART A

1 – 4 JIVE CHASSE L & R; CHANGE R TO L - CHANGE L TO R;;;

- 1 {Jive chasse R&L} CP/WALL chasse side L/R, L, chasse side R/L, R;
- 2 {Chg R to L} rk bk L, rec R, chasse L/R, L trng 1/4 LF lead W to turn RF under jnd hands (W rk bk R, rec L, chasse L/R, L trng 3/4 RF under jnd lead hands);
- 3 Chasse fwd R/L, R lead W to complete turn - end LOP facing LOD (W chasse back L/R, L end facing RLOD), {Chg L to R} rk apt L, rec R;
- 4 Chasse L/R, L trng 1/4 RF lead W to turn LF under jnd hands (W chasse fwd R/L, R trng 3/4 LF under jnd lead hands), chasse R/L, R end BFLY/WALL;

5 – 8 CHANGE HANDS BEHIND BACK - TWICE;;; PROG ROCK 4 TO SCP;

- 5 {Chg hands beh back} rk apt L, rec R, chasse fwd L/R, L trng 1/4 LF (W trng 1/4 RF);
- 6 Chasse back R/L, R trng 1/4 LF (W trng 1/4 RF) end fcg ptr LOP/COH, {Chg hands beh back} rk apt L, rec R;
- 7 Chasse fwd L/R, L trng 1/4 LF (W trng 1/4 RF), chasse back R/L, R trng 1/4 LF (W trng 1/4 RF) end fcg ptr BFLY/WALL;
- 8 {Prog rock 4} rk apt L, rec R, rk apt L, rec R to SCP/LOD;

9 - 12 SLOW ROCK THE BOAT - 8 STEPS;;;;

- 9 {Slow rock the boat} SCP/LOD rk fwd L leaning fwd, -, close R leaning bwd, -;
- 10-12 Repeat meas 9 three times;;;;

13- 16 RIGHT TRNG FALLAWAY - TWICE;;; DBL ROCK;

- 13 {R trng fallaway} rk bk L, rec R, chasse side L/R, L trng 1/4 RF;
- 14 Chasse side R/L, R trng 1/4 RF to SCP/RLOD, {R trng fallaway} rk bk L, rec R;
- 15 Chasse side L/R, L trng 1/4 RF, chasse side R/L, R trng 1/4 RF to SCP/LOD;
- 16 {Dbl rk} rk bk L, rec R, rk bk L, rec R;

PART B

1 - 4 SLOW OPEN VINE 4;; SLOW ROLL 4;;

- 1-2 {Slow open vine 4} Side L, -, XIB R (W XIB) to LOP/RLOD, -;
Side L, -, XIF R (W XIF) to OP/LOD, -;
- 3-4 {Slow roll 4} Roll L, -, R, -; L, -, R, - prog down LOD to BFLY/WALL;

5 - 8 SLOW OPEN VINE 4;; 2 QUICK TRNG 2-STEPS; TWIRL/VINE 2; WALK & FACE;

- 5-6 {Slow open vine 4} Side L, -, XIB R (W XIB) to LOP/RLOD, -;
Side L, -, XIF R (W XIF) to OP/LOD, -;
- 7 {2 quick turning 2-steps} sd L/cl R, bk L trng 1/2 RF, sd R/cl L, fwd R
continuing RF turn to CP/WALL;
- 8 {Twirl/vine 2} Side L, XIB R (W twirls RF R, L under jnd lead hands),
{Walk & face} side L, XIF R trng 1/4 RF (W fwd R, fwd L trng LF) to fc ptr in
CP/WALL;

ENDING

1 - 4 PRETZEL TURN; DBL RK; UNWRAP THE PRETZEL; DBL RK;

- 1 {Pretzel turn} sd & fwd chasse L/R, L twd LOD trng 1/2 RF keeping M's L &
W's R hds joined (W trng LF),
sd & fwd chasse R/L, R trng 1/4 RF (W LF) ending side by side fcg LOD with
M's L & W's R hds joined bhd back;
- 2 {Dbl rock} rk fwd L with R hd (W's L hd) extended fwd, rec R, rk fwd L, rec R;
- 3 {Unwrap the pretzel} sd & fwd chasse L/R, L twd RLOD trng 1/2 LF
(W trng RF), sd & fwd chasse R/L, R trng 1/4 LF (W RF) to CP M fcg wall;
- 4 {Dbl rock} rk bk L to SCP, rec R, rk bk L, rec R to CP M fcg wall;

5 - 8 SLOW OPEN VINE 6;; APT, PT;

- 5-7 {Slow open vine 6} Side L, -, XIB R (W XIB) to LOP/RLOD, -;
Side L, -, XIF R (W XIF) to OP/LOD, -;
Side L, -, XIB R (W XIB) to LOP/RLOD, -;
- 8 {Apt, pt} Step side & apt L, -, pt R diag LOD & ptr, - ;