

More Today Than Yesterday

Dance By: Bev Oren, 2265 E. Lakeside Place #302, Corona, CA 92879, (951) 371-8814
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Record: Columbia 13-33166, "More Today Than Yesterday" by Spiral Staircase," flip "No One For Me To Turn To"

Rhythm/Phase: Jive, ROUNDALAB Phase III+2 (Amer Spin, Windmill)

Position: INTRO – CP WALL, DANCE – CP WALL

Footwork: Opposite, directions for M (except where noted)

Sequence: INTRO, A, B, C, A, C, END

Time: 3:00 @ 42-43 RPM
Released: December 2005

INTRO

[CP WALL] WAIT; WAIT; CHASSE L & R [CP WALL];

- 1-2 CP WALL wait 2 measures;;
3 {Chasse L&R} CP WALL sd L/cl R, sd L, sd R/cl L, sd R;

[CP WALL] FALLAWAY THROWAWAY – BOTH fc WALL [LOP, BOTH fcg WALL] ~ RK BK, REC, SD CHASSE-LADY IN FRONT [OP, BOTH fcg WALL] ~ RK BK, REC, SD CHASSE-MAN IN FRONT [LOP, M fcg LOD] ~ LINK RK to CP WALL;;;

- 4-8 {Falwy Thrwy} CP WALL rk bk L to SCP LOD, rec R to fc, sd L/cl R, sd L; Sd R/cl L, sd R (W sd & bk L/cl R, sd L trng 1/2 LF) to LOP BOTH FCG WALL,
{Rk Bk, Rec, Sd Chasse} LOP BOTH FCG WALL rk bk L, rec R releasing hand hold; Sd L/cl R, sd L changing sides as W travels *in front* of M to OP BOTH FCG WALL,
{Rk Bk, Rec, Sd Chasse} OP BOTH FCG WALL rk bk R, rec L releasing hand hold; Sd R/cl L, sd R changing sides as W travels *behind* M to LOP FCG LOD,
{Link Rk} LOP FCG LOD rk bk L, rec R; Fwd L/cl R, fwd L to CP WALL, sd R twd RLOD/cl L, sd R;

PART A

[CP WALL] FALLAWAY ROCK ~ CHG PLCS R to L [LOP, M fcg LOD];;

- 1-3 {Falwy Rk} CP WALL rk bk L to SCP LOD, rec R to CP WALL, sd L/cl R, sd L; Sd R/cl L, sd R,
{Chg Plcs R-L} CP WALL rk bk L, rec R; Sd L/cl R, sd L trng 1/4 LF (W sd R/cl L/fwd R trng 3/4 RF under joined lead hands) to LOP FCG LOD, sd & fwd R/cl L, sd R;

[LOP, M fcg LOD] CHG PLCS L to R [LOP, M fcg WALL] ~ LINK RK to CP [CP WALL];;

- 4-6 {Chg Plcs L-R} LOP FCG LOD rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF; Sd R/cl L, sd R (W fwd R/cl L, fwd R commence LF trn under joined lead hands, sd L, cl R/sd L cont LF trn to fc ptr) to LOP FCG WALL,
{Link Rk} LOP FCG WALL rk bk L, rec R; Small fwd L/cl R, fwd L to CP WALL, sd R twd RLOD/cl L, sd R;

[CP WALL] RT TURNING FALLAWAY [CP COH] ~ JIVE WALKS to RLOD [SCP RLOD];;

- 7-9 {R Trng Falwy} CP WALL rk bk L to SCP LOD, rec R to CP WALL, sd L/cl R, sd L trng 1/4 RF; Sd R/cl L, sd R trng 1/4 RF to CP COH,
{Jive Walks} CP COH rk bk L, rec R to SCP RLOD; Fwd L/cl R, fwd L, fwd R/cl L, fwd R;

[SCP RLOD] THROWAWAY; CHG PLCS R to L [LOP, M fcg WALL] ~ begin WINDMILL – 2X [BFLY COH];;

- 10 {Thrwy} SCP RLOD sd L/cl R, sd L to CP RLOD, sd R/cl L, sd R (W sd & bk L/cl R, sd L) to LOP FCG RLOD;
11-13 {Chg Plcs R-L} LOP FCG RLOD rk bk L, rec R, sd L/cl R, sd L trng 1/4 LF (W rk bk R, rec L, sd R/cl L/fwd R trng 3/4 RF under joined lead hands); Sd & fwd R/cl L, sd R blending to BFLY WALL,
{Windmill} BFLY WALL rk bk L, rec R; Fwd L/cl R, fwd L trng 1/4 LF, sd R/cl L, sd R trng 1/4 LF to BFLY COH;

[BFLY COH] finish WINDMILL – 2X ~ BASIC RK [CP WALL];;

- 14-16 {Windmill, cont} BFLY COH rk bk L, rec R, fwd L/cl R, fwd L trng 1/4 LF; Sd R/cl L, sd R trng 1/4 LF to BFLY WALL,
{Basic Rk} BFLY WALL rk bk L, rec R; Blending to CP WALL sd L/cl R, sd L, sd R/cl L, sd R;

PART B

[CP WALL] FALLAWAY THROWAWAY ~ AMER SPIN [LOP, M fcg LOD];;

- 1-3 {Falwy Thrwy} CP WALL rk bk L to SCP LOD, rec R to fc, sd L/cl R, sd L trng 1/4 LF to CP LOD; Sd R/cl L, sd R (W sd & bk L/cl R, sd L) to LOP FCG LOD,
{Amer Spin} LOP FCG LOD rk bk L, rec R; Sd L/cl R, sd L leading W to spin RF, sd R/cl L, sd R to LOP FCG LOD;

[LOP, M fcg LOD] CHG HNDS BEH BK-2X BOTH TRN to fc WALL [LOP, BOTH fcg WALL];; RK BK, REC, SD CHASSE-LADY IN FRONT [OP, BOTH fcg WALL]; RK BK, REC, SD CHASSE-MAN IN FRONT [LOP, M fcg LOD];

- 4-6 {Chg Hnds Beh Bk} LOP FCG LOD rk bk L, rec R, fwd L/cl R, fwd L trng 1/4 LF (W RF) chg W's R hand to M's R; Sd & bk R/cl L, sd R trng 1/4 LF (W RF) chg W's R hand to M's L to LOP FCG RLOD,
{Chg Hnds Beh Bk} LOP FCG RLOD rk bk L, rec R; Fwd L/cl R, fwd L trng 1/4 LF (W RF) chg W's R hand to M's R, Sd & bk R/cl L, sd R trng 1/4 LF (W RF) chg W's R hnd to M's L to LOP BOTH FCG WALL;
7-8 {Rk Bk, Rec, Sd Chasse} LOP BOTH FCG WALL rk bk L, rec R releasing hand hold, sd L/cl R, sd L changing sides as W travels *in front* of M to OP BOTH FCG WALL;
{Rk Bk, Rec, Sd Chasse} OP BOTH FCG WALL rk bk R, rec L releasing hand hold, sd R/cl L, sd R changing sides as W travels *behind* M to LOP FCG LOD;

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PART B, con't

[LOP, M fcg LOD] CHG PLCS L to R [BFLY WALL] - PROG RK into 2 RT TRNG TRIPLES - RT TRNG FALLAWAY [CP WALL];:::;

9-13 {**Chg Plcs L-R**} LOP FCG LOD rk bk L, rec R, sd L/cl R, sd L trng 1/4 RF; Sd R/cl L, sd R (W fwd R/cl L, fwd R commence LF trn under joined lead hands, sd L, cl R/sd L cont LF trn to fc ptr) blending to BFLY WALL,
{**Prog Rk**} BFLY WALL rk apt L, rec XRIF; Rk apt L, rec XRIF blending to CP WALL,
{**2 RF Trng Triples**} CP WALL sd L/cl R, sd L trng 1/4 RF; Sd R/cl L, sd R trng 1/4 RF to CP COH,
{**RF Trng Falwy**} CP COH rk bk L to SCP RLOD, rec R to CP COH; Sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R trng 1/4 RF to CP WALL;

[CP WALL] WINDMILL - 2X [BFLY WALL];:::

14-16 {**Windmill**} CP WALL rk bk L, rec R to BFLY WALL, fwd L/cl R, fwd L trng 1/4 LF; Sd R/cl L, sd R trng 1/4 LF to BFLY COH, rk bk L, rec R; Fwd L/cl R, fwd L trng 1/4 LF, sd R/cl L, sd R trng 1/4 LF to BFLY WALL;

PART C

[BFLY WALL] CHG PLCS R to L [LOP, M fcg LOD] - RK APT, REC, WRAP IN 2 TRIPLES [WRAPPED POS LOD];:::

1-3 {**Chg Plcs R-L**} BFLY WALL rk bk L, rec R, sd L/cl R, sd L trng 1/4 LF (W sd R/cl L/fwd R trng 3/4 RF under joined lead hands) to LOP FCG LOD; Sd & fwd R/cl L, sd R,
{**Rk Apt, Rec, Wrap**} LOP FCG LOD rk apt L, rec R to BFLY LOD; Sip L/R, L to WRAPPED POS LOD (W wraps trng 1/2 LF fwd R/cl L, bk R) keeping hands joined bring M's L & W's R around and over W's head down to chest level in front while lowering M's R & W's L to W's waist to end in wrapped position with W on M's R side fcg LOD, bk R/cl L, bk R;

[WRAPPED POS LOD] JIVE WALKS - THROWAWAY [LOW BFLY LOD] - DBL RK APT - 2 FWD TRIPLES - RK APT, REC, WRAP IN 2 TRIPLES [WRAPPED POS LOD];:::;

4-9 {**Jive Walks**} WRAPPED POS LOD rk bk L, rec R, fwd L/cl R, fwd L; Fwd R/cl L, fwd R,
{**Throwaway**} WRAPPED POS LOD release trailing hands sd L/cl R, sd L; Sd R/cl L, sd R (W sd & bk L/cl R, sd L) to LOW BFLY LOD,
{**DbL Rk Apt**} LOW BFLY LOD rk apt L, rec R; Rk apt L, rec R remain LOW BFLY LOD,
{**2 Fwd Triples**} LOW BFLY LOD fwd L/cl R, fwd L; Fwd R/cl L, fwd R,
{**Rk Apt, Rec, Wrap**} LOW BFLY LOW rk apt L, rec R; Sip L/R, L to WRAPPED POS LOD (W wraps trng 1/2 LF fwd R/cl L, bk R) keeping hands joined bring M's L & W's R around and over W's head down to chest level in front while lowering M's R & W's L to W's waist to end in wrapped position with W on M's R side fcg LOD, bk R/cl L, bk R;

[WRAPPED POS LOD] JIVE WALKS - THROWAWAY [LOP, M fcg LOD] - AMER SPIN [LOP, M fcg LOD];:::;

10-13 {**Jive Walks**} WRAPPED POS LOD rk bk L, rec R, fwd L/cl R, fwd L; Fwd R/cl L, fwd R,
{**Throwaway**} WRAPPED POS LOD release trailing hands sd L/cl R, sd L; Sd R/cl L, sd R (W sd & bk L/cl R, sd L) to LOP FCG LOD,
{**Amer Spin**} LOP FCG LOD rk bk L, rec R; Sd L/cl R, sd L leading W to spin RF, sd R/cl L, sd R to LOP FCG LOD;

[LOP, M fcg LOD] CHG PLCS R to L fc COH [LOP, M fcg COH] - LINK RK to CP WALL;:::

14-16 {**Chg Plcs R-L**} LOP FCG LOD rk bk L, rec R, sd L/cl R, sd L trng 1/4 LF (W rk bk R, rec L, sd R/cl L/fwd R trng 3/4 RF under joined lead hands); Sd & fwd R/cl L, sd R to LOP FCG COH,
{**Link Rk**} LOP FCG COH rk bk L, rec R; Fwd L/cl R, fwd L trng 1/2 RF to CP WALL, sd R twd RLOD/cl L, sd R;

END

[CP WALL] FALLAWAY ROCK - RK BK, REC, SWIVEL 2 - THROWAWAY-BOTH TRN to fc WALL [LOP, BOTH fcg WALL];:::;

1-3 {**Falwy Rk**} CP WALL rk bk L to SCP LOD, rec R to CP WALL, sd L/cl R, sd L; Sd R/cl L, sd R,
{**Rk Bk, Rec, Swvl 2**} CP WALL rk bk L, rec R to SCP LOD; Placing each foot directly in front of the other foot fwd L, fwd R,
{**Throwaway**} SCP LOD sd L/cl R, sd L; Sd R/cl L, sd R trng 1/4 RF (W sd & bk L/cl R, sd L trng 1/2 LF) to LOP BOTH FCG WALL,

[LOP, BOTH fcg WALL] RK BK, REC, SD CHASSE-LADY IN FRONT [OP, BOTH fcg WALL]; RK BK, REC, SD CHASSE-MAN IN FRONT [LOP, M fcg LOD]; CHG PLCS L to R - RK APT, REC, PT SD & HOLD;:::

3.5-8 {**Rk Bk, Rec, Sd Chasse**} LOP BOTH FCG WALL rk bk L, rec R; Sd L/cl R, sd L changing sides as W travels *in front* of M to OP BOTH FCG WALL,
{**Rk Bk, Rec, Sd Chasse**} OP BOTH FCG WALL rk bk R, rec L; Sd R/cl L, sd R changing sides as W travels *behind* M to LOP FCG LOD,
{**Chg Plcs L-R**} LOP FCG LOD rk bk L, rec R; Sd L/cl R, sd L trng 1/4 RF, sd R/cl L, sd R (W fwd R/cl L, fwd R commence LF trn under joined lead hands, sd L, cl R/sd L cont LF trn to fc ptr) to LOP FCG WALL;
{**Rk Apt, Rec, Pt Sd**} LOP FCG WALL rk apt L, rec R, pt L toe twds LOD and trailing arm out parallel to floor, hold;

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Head Cues

(12/2005 By: Bev Oren)

INTRO, A, B, C, A, C, END

INTRO

[CP WALL] **WAIT; WAIT; CHASSE L & R; FALLAWAY THROWAWAY – OVERTURN to fc WALL** [LOP, BOTH fcg WALL];
[LOP, BOTH fcg WALL] **RK BK, REC, SD CHASSE – LADY in FRONT** [OP, BOTH fcg WALL];
[LOP, BOTH fcg WALL] **RK BK, REC, SD CHASSE – MAN in FRONT** [LOP, M fcg LOD];
[LOP, M fcg LOD] **LINK RK to CP** [CP WALL];;

PART A

[CP WALL] **FALLAWAY ROCK ~ CHG PLCS R to L** [LOP, M fcg LOD];;; **CHG PLCS L to R ~ LINK RK to CP** [CP WALL];;;
[CP WALL] **RT TURNING FALLAWAY** [CP COH] ~ **JIVE WALKS to RLOD** [SCP RLOD];;; **THROWAWAY** [LOP, M fcg RLOD];
[LOP, M fcg RLOD] **CHG PLCS R to L to BFLY** [BFLY WALL] ~ **WINDMILL – 2X ~ BASIC RK** [CP WALL];;;;

PART B

[CP WALL] **FALLAWAY THROWAWAY ~ AMER SPIN** [LOP, M fcg LOD];;;
[LOP, M fcg LOD] **CHG HANDS BEH BK – 2X BOTH TRN to fc WALL** [LOP, BOTH fcg WALL];;;
[LOP, BOTH fcg WALL] **RK BK, REC, SD CHASSE – LADY in FRONT** [OP, BOTH fcg WALL];
[LOP, BOTH fcg WALL] **RK BK, REC, SD CHASSE – MAN in FRONT** [LOP, M fcg LOD];
[LOP, M fcg LOD] **CHG PLCS L to R to BFLY** [BFLY WALL] ~ **PROG RK into 2 RT TURNING TRIPLES** [CP COH] ~
[CP COH] **RT TRNG FALLAWAY**;;;; **WINDMILL – 2X** [BFLY WALL];;;

PART C

[BFLY WALL] **CHG PLCS R to L** [LOP, M fcg LOD] ~ **RK APT, REC, WRAP in 2 TRIPLES** [WRAPPED POS fcg LOD];;;
[WRAPPED POS fcg LOD] **JIVE WALKS ~ THROWAWAY to LOW BFLY** [LOW BFLY, M fcg LOD] ~ **DBL RK APT ~**
[LOW BFLY, M fcg LOD] **2 FWD TRIPLES ~ RK APT, REC, WRAP in 2 TRIPLES** [WRAPPED POS LOD];;;;
[WRAPPED POS LOD] **JIVE WALKS ~ THROWAWAY** [LOP, M fcg LOD] ~ **AMER SPIN** [LOP, M, fcg LOD];;;
[LOP, M fcg LOD] **CHG PLCS R to L fc COH** [LOP, M fcg COH] ~ **LINK RK to CP WALL**;;;

PART A

[CP WALL] **FALLAWAY ROCK ~ CHG PLCS R to L** [LOP, M fcg LOD];;; **CHG PLCS L to R ~ LINK RK to CP** [CP WALL];;;
[CP WALL] **RT TURNING FALLAWAY** [CP COH] ~ **JIVE WALKS to RLOD** [SCP RLOD];;; **THROWAWAY** [LOP, M fcg RLOD];
[LOP, M fcg RLOD] **CHG PLCS R to L to BFLY** [BFLY WALL] ~ **WINDMILL – 2X ~ BASIC RK** [CP WALL];;;;

PART C

[CP WALL] **CHG PLCS R to L** [LOP, M fcg LOD] ~ **RK APT, REC, WRAP in 2 TRIPLES** [WRAPPED POS fcg LOD];;;
[WRAPPED POS fcg LOD] **JIVE WALKS ~ THROWAWAY to LOW BFLY** [LOW BFLY, M fcg LOD] ~ **DBL RK APT ~**
[LOW BFLY, M fcg LOD] **2 FWD TRIPLES ~ RK APT, REC, WRAP in 2 TRIPLES** [WRAPPED POS LOD];;;;
[WRAPPED POS LOD] **JIVE WALKS ~ THROWAWAY** [LOP, M fcg LOD] ~ **AMER SPIN** [LOP, M, fcg LOD];;;
[LOP, M fcg LOD] **CHG PLCS R to L fc COH** [LOP, M fcg COH] ~ **LINK RK to CP WALL**;;;

END

[CP WALL] **FALLAWAY ROCK ~ RK BK, REC, SWIVEL 2** [SCP LOD] ~
[SCP LOD] **THROWAWAY BOTH TRN to fc WALL** [LOP, BOTH fcg WALL] ~
[LOP, BOTH fcg WALL] **RK BK, REC, SD CHASSE – LADY in FRONT** [OP, BOTH fcg WALL];
[LOP, BOTH fcg WALL] **RK BK, REC, SD CHASSE – MAN in FRONT** [LOP, M fcg LOD];
[LOP, M fcg LOD] **CHG PLCS L to R** [LOP, M fcg WALL] ~ **RK APT, REC, PT to LOD & HOLD**;;;;