



Talking Optimist Blues (Good Day Today)

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Released: V1 - 26 October 2005; **Corrected:** V1.1 - 28 August 2014

Music: Sony 67382; Tennessee Moon; Neil Diamond **Time/Speed:** 2:53 @ 100%

Rhythm: Cha Cha; Phase III + 1 + 1 (Umbrella Turn, Dbl Cuban Breaks) **Difficulty:**
Easy

Footwork: Opposite unless noted (Woman's footwork in parenthesis)

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

Introduction

1-4 WAIT 2 ;; 1/2 BASIC ; SPOT TRN (TO BFLY) ;

1-2 wait 2 meas ;;

3-4 fwd L,rec R,sd L/cl R,sd L; strong XLIFR trng RF, cont trn rec R to fc ptr, sd L/cl R,sd L to BFLY;

Part A

1-2 VINE 2, FC TO FC ; VINE 2, BK TO BK (TO OP) ;

1-2 sd L, XRIBL, sd L/cl R, sd L trng LF away from ptr; sd R,XLIBR,sd R/cl L,sd R trng RF to fc OP LOD;

3-4 SLIDING DOOR ; RK APT, REC, FWD CHA ;

3-4 rk apt L,rec R,XLIFR sldg beh W/sd R,XLIFR to L OP; rk apt R,rec L,fwd R/cl L,fwd R;

5-8 FWD BASIC ; SLIDING DOOR ; RK APT, REC, CHA (TO BFLY) ;

5-6 fwd L,rec R,fwd L/cl R,fwd L; rk apt L,rec R,XLIFR sldg beh W/sd R,XLIFR to L OP;

7-8 rk sd L, rec R trn RF fcg ptr, fwd L/cl R, fwd L (BFLY) ; bk R,rec L,sd R/cl L,sd R;

9 SPOT TRN IN 4 (TO LH STAR) ;

9 strong XLIFR trng RF,cont trn rec R to fc RLOD,sd L/cl R,sd L to a LH star (W strong XRIFL trng LF, cont trn rec L to fc LOD,sd R/cl L,sd R);

Part B

1-4 UMBRELLA TRN (TO BFLY) ;:::

1-2 M fcg RLOD L hnd star fwd L, rec R, bk L/cl R, bk L (W bk R, rec L, fwd R trng 1/2 LF/cl L, bk R;) bk R, rec L, fwd R/cl L, fwd R (W bk L, rec R, fwd L trng 1/2 RF/cl R, bk L);

3-4 fwd L, rec R, bk L/cl R, bk L (W bk R, rec L, fed R trng 1/2 LF/cl L, bk R); bk R, rec L, fwd R/cl L, sd R end fcg BFLY WALL (W bk L, rec R, fwd L trng 1/2 RF/cl R, sd L);

5-8 SHLDR TO SHLDR 2X ;; 1/2 BASIC ; SPOT TRN ; BK 1/2 BASIC (3X LH STAR) ;

5-6 fwd L to SCAR BFLY (W bk R),rec R,sd L/cl R,sd L; fwd R to BJO BFLY (W bk L),rec L,sd R/cl L,sd R;

7-8 fwd L,rec R,sd L/cl R,sd L; strong XRIFL trng LF,cont trn rec L to fc ptr,sd R/cl L,sd R (to BFLY-3x to a LH star;)

Part C

1-4 2 DOUBLE CUBAN BREAKS ;; SHLDR TO SHLDR 2X ;;

- 1-2 XLIFR/rec R,sd L/rec R,XLIFR/rec R,sd L; XRIFL/rec L,sd R/rec L,XRIFL/rec L,sd R;
3-4 OP rk apt L, rec R,XLIFR sldg beh W/sd R,XLIFR to L OP;L OP rk apt R,rec L,XRIFL sldg beh W/sd L,XRIFL to OP;

5-8 2 DOUBLE CUBAN BREAKS ;; 1/2 BASIC ; SPOT TRN (TO BFLY) ;

- 5-6 XLIFR/rec R,sd L/rec R,XLIFR/rec R,sd L; XRIFL/rec L,sd R/rec L,XRIFL/rec L,sd R;
7-8 fwd L,rec R, sd L/cl R,sd L; SPT TRN: strong XLIFR trng RF,cont trn rec R to fc ptr,sd L/cl R,sd L (to BFLY);

End

1-4 UMBRELLA TRN (TO BFLY) ;;;

- 1-2 M fcg RLOD L hnd star fwd L, rec R, bk L/cl R, bk L (W bk R, rec L, fwd R trng 1/2 LF/cl L, bk R;) bk R, rec L, fwd R/cl L, fwd R (W bk L, rec R, fwd L trng 1/2 RF/cl R, bk L);
3-4 fwd L, rec R, bk L/cl R, bk L (W bk R, rec L, fed R trng 1/2 LF/cl L, bk R); bk R, rec L, fwd R/cl L, sd R end fcg BFLY WALL (W bk L, rec R, fwd L trng 1/2 RF/cl R, sd L);

5-8 SHLDR TO SHLDR 2X ;; SPOT TRN IN 4 ; 2 DBL CUBAN BREAKS ;;

- 5-6 fwd L to SCAR BFLY (W bk R),rec R,sd L/cl R,sd L; fwd R to BJO BFLY (W bk L),rec L,sd R/cl L,sd R;
7-8 strong XLIFR trng RF,cont trn rec R to fc ptr,sd L/cl R,sd L; XLIFR/rec R,sd L/rec R,XLIFR/rec R, sd L;XRIFL/rec L,sd R/rec L,XRIFL/rec L,sd R;

9 LUNGE LOD ;

- 9 sd L bending knee,-,in plc trn body 1/8 RF (W LF),-;