# THERE'S A TIME FOR EVERYTHING

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**MUSIC:**  
**Song:** There’s A Time For Everything  
**Artist:** Ed Ames  
**Media Source:** CD: My Cup Runneth Over  
**Download available from:** [www.walmart.com](http://www.walmart.com)

**FOOTWORK:** Opposite unless indicated (W’s footwork in parentheses)

<table>
<thead>
<tr>
<th>MEAS</th>
<th>INTRODUCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>LOP FCG DLC</td>
</tr>
<tr>
<td></td>
<td>WAIT; WAIT;</td>
</tr>
<tr>
<td></td>
<td>BACK HOVER TO SCP; FEATHER;</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEAS</th>
<th>REVERSE TURN;; 3 STEP; 1/2 NATURAL;</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-4</td>
<td>Fwd L blend to CP turning LF, -, sd R continuing trn, bk L LOD to CP LOD (W Bk R starting LF trn, -, cl L to R [heel trn] continuing trn, fwd R to CP);</td>
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<td>Bk R LOD continuing LF trn, -, sd &amp; slightly fwd L DLW, fwd R to BJO (W fwd L continuing LF trn, -, sd R to DLW, bk L to BJO DLW);</td>
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<td>Fwd L w/ heel lead blend to CP, -, fwr R with heel lead rising to toe curving to face LOD, fwd L on toe P LOD [M has right side lead on steps 2 &amp; 3] (W Bk R, -, bk L, bk R) ;</td>
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<td>Commence RF trn fwd R heel to toe, -, sd &amp; bk L acrs LOD, bk R end CP RLOD (W Commence RF trn bk L, -, bring R to L turning on left heel transfer weight to R, fwr L LOD);</td>
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<table>
<thead>
<tr>
<th>MEAS</th>
<th>CLOSED IMPETUS; FEATHER FINISH; OPEN TELEMARK; FEATHER;</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-8</td>
<td>Fwd L DLW to CP, -, diag sd &amp; fwr R rising slightly [hovering] with body turning 1/8 RF to SCP DLW, fwr L small stp on toes to SCP DLW (W Bk R, -, diag sd &amp; bk L w/ hovering action &amp; body turning 1/8 RF, fwr R small stp on toes to SCP);</td>
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<td>Thru R, -, fwr L, fwr R outsdr the W in BJO fcr DLW (W From SCP thru L turning LF twd ptr, -, sd &amp; bk R to BJO, bk L) ;</td>
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</table>

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<thead>
<tr>
<th>MEAS</th>
<th>HOVER TELEMARK; OPEN NATURAL; OPEN IMPETUS; FOXTROT</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-12</td>
<td>Fwd L DLW to CP, -, diag sd &amp; fwr R rising slightly [hovering] with body turning 1/8 RF to SCP DLW, fwr L small stp on toes to SCP DLW (W Bk R, -, diag sd &amp; bk L w/ hovering action &amp; body turning 1/8 RF, fwr R small stp on toes to SCP);</td>
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<td></td>
<td>Thru R commencing RF body turn, -, sd L across LOD &amp; lady's path to CP, continue RF trn sd &amp; bk R to fc RLOD preparing for next step in BJO (W Thru L turning RF, -, fwr R between M's feet to CP, fwr L continuing to turn RF preparing for next step outsdr ptr to BJO);</td>
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THERE’S A TIME FOR EVERYTHING
Joe and Pat Hilton

11 {OP IMP} With soft or flexed knees throughout commence RF upper bdy trn bk L, 
- , cl R to L [heel trn] cont RF trn, comp trn fwd L in tight SCP fcg DLC (W with soft 
or flexed knees throughout commence RF upper bdy trn fwd R between M’s feet 
heel to toe pivoting 1/2 RF, - , sd & fwd L cont trn brushing R to L, comp trn fwd R) 
;
12 {FT WEV TO SCP} Fwd R DLC, - , fwd L commence LF trn, cont trn sd & slightly 
bk R to fc DRC (W Fwd L DLC commence LF trn, - , cont trn sd & slightly bk R to 
fc DRW, cont trn sd & fwd L LOD) ;

13-16 CONT FOXTROT WEAVE TO SCP: FEATHER; HOVER; CHAIR AND SLIP;

13 bk L LOD leading W to stp outsor CBMP, - , bk R cont LF trn, sd & fwd L DLW 
to SCP (W Fwd R LOD outsd ptr to CBMP, - , fwt R LOD cont trn, sd R DLW to 
SCP) ;
14 {FTHR} Fwd R, - , fwd L, fwd R outsor the W in CBMP & BJO (W Fwd L, trng 1/4 
LF, sd R comp LF trn to BJO, bk L in CBMP & BJO) ;
15 {HVR} Fwd L to CP, - , fwd & sd R rising to ball of foot trng 1/4 LF, rec L to tight 
SCP DLC (W Bk R to CP, - , bk & sd L trng to SCP & rising to ball of foot, rec R to 
tight SCP) ;
16 {CHR & SLP} Ck thru R w/ lun action as for Chair, - , rec L [no rise] w/ slight LF 
upper bdy trn, slip R behind L completing 1/8 LF trn to CP fcg DLC (W Ck thru L 
w/ lun action as for Chair, - , rec R [no rise] swvl 1/2 LF on R, stp fwd L outsor M’s 
R foot to CP) ;

PART B

1-4 REVERSE WAVE 3 TO CHECK & WEAVE;;; CHANGE OF DIRECTION;

1 {REV WAV 3} Fwd L starting LF bdy trn, - , sd R LOD cont LF trn, bk L 
completing LF trn to fc RLOD (W Bk R starting LF bdy trn, - , cl L to R continuing 
LF trn [heel trn], fwd R completing trn to fc LOD) ;
2 {CK & WEV} Slp R foot bk undr bdy w/ a slight contra ck action, - , rec fwd L 
commence to trn LF, sd R [1/8 LF trn between stps 1 & 2 of the weave] w/ R sd 
lead & slight R sd stretch preparing to lead W outsor ptr (W Slp L foot fwd under 
bdy w/ a slight contra ck action, - , bk R commence to trn LF, sd L [1/8 LF trn 
between stps 1 & 2 of the weave] w/ L sd lead & slight L sd stretch preparing to 
stp outsor ptr) ;
3 {CONTINUE WEV} With R sd stretch bk L in CBMP cont 1/8 LF trn between stps 
2 & 3 of the weave, bk R to a momentary CP cont to trn LF, sd & fwd L w/ L sd 
stretch [1/4 LF trn between stps 4 & 5 of the weave bdy trns less], w/ L sd stretch 
fwd R in CBMP outsor ptr DLW (W with L sd stretch fwt R in CBMP outsor ptr, fwd 
L to a momentary CP cont to trn LF, sd & bk R with R sd stretch [1/8 LF trn 
between stps 4 & 5 of the weave], w/ R sd stretch bk L in CBMP [1/8 LF trn 
between stps 5 & 6 of the weave bdy trns less]) ;

SS 4 {CHG OF DIR} Fwd L DLW to CP, - , fwd R DLW R shoulder leading & trn LF 1/4 
to face DLC, draw L to R with brush (W Bk R blend to CP, - , bk L with L shoulder 
leading & trn 1/4 LF, draw R to L with brush) ;

5-8 QUICK DIAMOND 4 TO RLOD; STEP BACK TO HINGE; HOVER EXIT; 
FEATHER;

QQQQ 5 {QK DIAM 4} Fwd L on the diag commence LF trn, cont LF trn sd R, bk L cont LF 
trn to fc RLOD, bk R to CP (W Bk R on the diag commence LF trn, cont LF trn sd 
L, fwt R cont LF trn to fc RLOD, fwd L to CP) ;

SS 6 {STP BK TO HINGE} Bk and sd L twd LOD trn upper bdy to fc wall w/ L sd stretch 
leading W to XLib of R keeping L sd twd ptr, - , relax L knee w/ no wgt on R, - (W 
stp fwd R swvl 1/2 to fc RLOD w/ R sd stretch, - , XLib of R keeping R sd twd ptr 
relax L knee w/ no wgt on R keep R extended fwd twd RLOD, -) ;
THERE'S A TIME FOR EVERYTHING
Joe and Pat Hilton

7 {HVR EXIT} From hinge pos M straighten L leg rising causing W to take small stp fwd R, -, M rotate bdy slightly RF to fc DLW causing W to trn RF to CP, stp fwd L to end SCP fcg DLC (W cl R to L, trn to CP fcg ptr w/ no wgt chg, small stp sd & fwd L turning to CP facing ptr, stp fwd R to SCP) ;

8 {FTHR} Thru R DLC, -, fwd L, fwd R outsdt W in BJO DLC (W thru L, trn LF toward ptr, sd & bk R to BJO, bk L in BJO ) ;

9-12
OPEN TELEMARK: IN AND OUT RUNS;; OPEN NATURAL:

9 {OP TELE} Fwd L commencing to trn LF, -, sd R continuing LF trn, sd & slightly fwd L to end in tight SCP fcg DLW (W Bk R commencing to trn L bringing L beside R w/ no wgt, -, trn LF on R heel [heel trn] & chg wgt to L, sd & slightly fwd R to end in tight SCP) ;

10 {I/O RUNS} Fwd R starting RF trn, -, sd & bk diag LOD and wall on L to CP, bk R to BJO (W Fwd L, -, fwd R between M’s feet, fwd L outsdt the M in BJO) ;

11 {CONTINUE I/O RUNS} Using CBM bk L trng RF, -, sd & fwd R between W’s feet continuing RF trn, fwd L to SCP DLW (W using CBM fwd R starting RF trn, -, fwd & sd L continuing RF trn, fwd R to SCP) ;

12 {OP NAT} Thru R commencing RF body turn, -, sd L continue RF turn to end CP facing DRC, bk R with R shoulder lead end CBJO facing DRC (W Thru L turning RF, -, fwd R between M’s feet to CP, fwd L outsdt ptr to BJO) ;

13-16
QUICK OUTSIDE SWIVELS; BACK TWISTY VINE 4; QUICK OUTSIDE SWIVELS; HESITATION CHANGE:

SS 13 {QK OUTSD SWVLS} BJO DRC bk L in CMBP, XRif of L w/ no wgt change with strong RF upper body turn, rec R in CMBP, XLib of R w/ no wgt change (W In BJO fwd R, swivel 1/2 RF on ball of R foot to SCP, fwd L, swivel 1/2 LF on ball of L foot ending in BJO) ;

QQQQ 14 {BK TWISTY VIN 4} Bk L turning RF, sd R toward LOD, XLib of R turning LF, sd L to end BJO DRC (W Fwd R turning RF, sd L toward LOD, XRib of L turning LF, fwd L to end BJO) ;

SS 15 {QK OUTSD SWVLS} BJO DRC bk L in CMBP, XRif of L w/ no wgt change with strong RF upper body turn, rec R in CMBP, XLib of R w/ no wgt change (W In BJO fwd R, swivel 1/2 RF on ball of R foot to SCP, fwd L, swivel 1/2 LF on ball of L foot ending in BJO) ;

16 {HES CHG} Commence RF upper bdy trn bk L, -, sd R continuing RF trn, draw L to R end fcg DLC(W Commence RF upper bdy trn fwd R, -, sd L continuing RF trn, draw R to L) ;

REPEAT PART A

REPEAT PART B

END

1-4
DIAMOND TURN 1/2 CHECKING TO;; BACK TWISTY VINE 8;;

1 {DIAM TRN 1/2 CKG} Fwd L trng LF on the diag, -, continuing LF trn sd R, bk L w/ the ptr outsdt the M in BJO; (W Bk R trng LF on the diag, -, continuing LF trn sd L, fwd R outsdt ptr ending in BJO) ;

2 Staying in BJO bk R trng LF, -, sd L, fwd R outsdt ptr in CBMP ckg to end fcg DRC (W fwd L trng LF, -, sd R, bk L ckg) ;

QQQQ 3-4 {BK TWISTY VIN 8} Bk L turning RF, sd R toward LOD, XLib of R turning LF, sd L to end BJO DRC (W Fwd R turning RF, sd L toward LOD, XRib of L turning LF, fwd L to end BJO) ;

QQQQ {CONTINUE BK TWISTY VIN 8} Bk L turning RF, sd R toward LOD, XLib of R turning LF, sd L to end BJO DRC (W Fwd R turning RF, sd L toward LOD, XRib
THERE’S A TIME FOR EVERYTHING
Joe and Pat Hilton

of L turning LF, fwd L to end BJO);

5-7

OPEN IMPETUS; PICKUP TO RIGHT LUNGE AND HOLD; -, -, -, CHANGE SWAY;

5 {OP IMP} With soft or flexed knees throughout commence RF upper bdy trn bk L, -, cl R to L [heel trn] cont RF trn, comp trn fwd L in tight SCP fcg DLC (W with soft or flexed knees throughout commence RF upper bdy trn fwd R between M’s feet heel to toe pivoting 1/2 RF, -, sd & fwd L cont trn brushing R to L, comp trn fwd R);

6 {PU TO R LUN} Thru R, trng LF to PU lady, sd L, flex L knee move sd & slightly fwd onto R keeping L sd in twd ptr & as wgt is taken on R flex R knee & make slight LF bdy trn & look at ptr ending DLW (W Thru L, trng LF twd ptr comp bdy trn to CP, sd R, flex R knee move sd & slightly bk on to L keeping R sd in twd ptr & as wgt is taken on L flex L knee & make slight LF bdy trn);

7 {CHG SWAY} Hold, -, -, Without changing weight change stretch of bdy & head position to opposite direction on last beat of song.

QK CUES

SEQ: INTRO AB AB END
INTRO: WAIT; WAIT; BK HVR TO SCP; FTHR;

PART A: REV TRN;; 3 STP; 1/2 NAT;
CL IMP; FTHR FIN; OP TELE; FTHR;
HVR TELE; OP NAT; OP IMP; FT WEV TO SCP;;
FTHR; HVR; CHR & SLP;

PART B: REV WAV 3 TO CK & WEV;;; CHG OF DIR;
QK DIAM 4 TO RLOD; STP BK TO HINGE; HVR EXIT; FTHR;
OP TELE; I/O RUNS;;; OP NAT;
QK OUTSD SWVLS; BK TWISTY VIN 4; QK OUTSD SWVLS; HES CHG;

PART A: REV TRN;; 3 STP; 1/2 NAT;
CL IMP; FTHR FIN; OP TELE; FTHR;
HVR TELE; OP NAT; OP IMP; WEV TO BJO;;
FTHR; HVR; CHR & SLP;

PART B: REV WAV 3 TO CK & WEV;;; CHG OF DIR;
QK DIAM 4 TO RLOD; STP BK TO HINGE; HVR EXIT; FTHR;
OP TELE; I/O RUNS;;; OP NAT;
QK OUTSD SWVLS; BK TWISTY VIN 4; QK OUTSD SWVLS; HES CHG;

END: DIAM TRN 1/2 CKG TO;; BK TWISTY VIN 8;;
OP IMP; PU TO R LUN & HOLD; -, -, CHG SWAY, - ;