One Day In Your Life

Ebene: Intermediate

Choreograf/in: Tri Artiyanti (INA) - April 2020

Musik: One Day in Your Life - Michael Jackson

Tag & Restart

Count: 32

RL - CROSS B 1-2& 3-4& 5-6 7-8&	CK ROCK - FORWARD LR - TOUCH BEHIND - DROP HEEL - HITCH - BACK WITH SWEEP EHIND - SIDE - CROSS Step R to R side, L cross behind R, Step R inplace Step forward L - R, L touch behind R L drop - Hitching R knee to R side,Step R back and sweeping L from front to back Step L back and sweeping R from front to back, R cross behind L, step L to L side after "8&" with L close to R
II.CROSS OVER , SIDE SWAY L-R-L-R, CROSS BEHIND, SIDE , CROSS OVER WITH SWEEP, CROSS OVER, SIDE	
1-2	R cross over L, Step L to L side while Sway (hips to L)
3-5	Hips to R-L-R
6&7	L Cross behind R, Step R to R side, L cross over R sweeping R from back to front
8&	R cross over L, step L to L side
III.BACK ROCK, 1/4 TURN L , BACK ,FORWARD LOCK SHUFFLE, FORWARD, PIVOT 1/2 R,FORWARD, FULL TURN, FORWARD,	
1-2&3	Step R back, Recover to L, turn 1/4L Step R to R side, Step L back
4&5	Step R forward, L behind R, Step R forward
6&7	Step L forward, pivot 1/2R weight on R, Step L forward
Tag on W 3 & 8	
Count 8 change turn 1/4 R step R to R side n pose 3 C with R arms cross the chess	
8&	Turn 1/2 L Step R back, turn 1/2 L Step L forward,
#4. FORWARD RL - ¼ TURN R - CROSS - SIDE - SWAY - ¼ TURN R - ½ TURN R - SIDE ROCK	
1-2&	Step R forward, step L forward, ¼ turn right step R in place
3-4	step L cross over R, step R to right side with hips to right
5-6&	Recover on L with hips to left, 1/4 turn right step R forward, 1/2 turn right step L back
7-8	¹ ⁄ ₄ turn right step R to right side, recover on L

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Wand: 2