

# One Day At A Time

Count: 56

Wall: 4

Level: Intermediate

Choreographer: Alan Birchall (UK)

Music: One Day At A Time - Eagles



## LEFT JAZZ BOX CROSS, ½ TURN, CROSS SHUFFLE

- 1-2 Cross left over right, step back on right  
3-4 Step left toe left, cross right over left  
5-6 Making ¼ turn right step back on left, making ¼ turn right step right to right  
7&8 Cross left over right, step right to right, cross left over right

## ROCK RECOVER, RIGHT SAILOR STEP, CROSS UNWIND, STEP ½ PIVOT

- 9-10 Rock right to right, recover on left  
11&12 Cross right behind left, step left to left, step right in place  
13-14 Cross left behind right, unwind ¾ turn right (3:00)  
15-16 Step forward on right, ½ pivot left (9:00)

## DOROTHY STEPS, ROCK, RECOVER ¼ TURN

- 17-18 Step forward on right to right diagonal, lock left behind right  
& Step forward on right  
19-20 Step forward on left to left diagonal, lock right behind  
& Step forward on left to left diagonal  
21-22 Rock forward on right, recover on left making ¼ turn right (6:00)

## SIDE SHUFFLE, CROSS, POINT, CROSS POINT, CROSS UNWIND, FORWARD SHUFFLE

- 23&24 Step right to right, step left by right, step right to right  
25-26 Cross left over right, point to right  
27-28 Cross right over left, point left to left  
29-30 Cross left over right, unwind ½ turn right (12:00)  
31&32 Step forward on right, step left by right, step forward on right

## ROCK, RECOVER, WALK BACK, TOUCH, SHUFFLE

- 33-34 Rock forward on left, recover on right  
35-36 Step back on left, step back on right  
37-38 Step back on left, tap right in front of left (bowing head at same time)  
39-40 Step forward on right, step left by right, step forward on right

## FULL TURN, SHUFFLE, ¼ MONTEREY TURN, TOUCH, CROSS

- 41-42 Make ½ turn right stepping back on left, make ½ turn right stepping forward on right  
43&44 Step forward on left, step right by left, step forward on left  
45-46 Touch right to right, making ¼ turn right step right by left (3:00)  
47-48 Touch left to left, cross left over right

## SIDE SHUFFLE, CROSS ROCK, RECOVER, DIAGONAL BACK SHUFFLE

- 49&50 Step right to right, step left by right, step right to right  
51-52 Cross rock left over right, recover on right  
53&54 Step diagonally back on left, step right by left, step diagonally back on left  
55-56 Cross right behind left, unwind ½ turn right (9:00)

## CROSS ROCK, RECOVER, FULL TRIPLE TURN LEFT, CROSS ROCK, RECOVER, FULL TRIPLE TURN RIGHT

57-58 Cross rock left over right, recover on right  
59&60 Making  $\frac{1}{4}$  left step forward on left, making  $\frac{1}{2}$  turn right step back on right, making  $\frac{1}{4}$  turn right step left to left (alternative side shuffle)  
61-62 Cross rock right over left, recover on left  
63&64 Making  $\frac{1}{4}$  turn right step forward on right, making  $\frac{1}{2}$  turn right step back on left, making  $\frac{1}{4}$  turn right step right to right (alternative side shuffle)

**REPEAT**

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