

# One Day in Your Life

**COPPER** **KNOB**  
BY STEPHENETS

Compte: 32

Mur: 2

Niveau: Low Intermediate



Chorégraphe: Cahaya Mega (INA) - June 2020

Musique: One Day in Your Life - Michael Jackson

Intro : 16 count

\*Tag : On wall 3 and 8 after 24 count

\*Restart : on wall 5 after 8 count

**SEC 1 : Fwd with Sweep – Cross – Side – Back with Sweep – Behind Cross – Side – Fwd – Side – Turn ¼ R Fwd – Pivot Turn**

- 1 RF fwd with sweep LF from back to forward
- 2 & 3 LF cross over RF – RF side to R – LF back with sweep RF from fwd to back
- 4 & 5 RF cross behind LF – LF side to L – RF fwd
- 6 & 7 LF side rock – recover RF make ¼ turn R – LF fwd (3.00)
- 8 & ½ turn L step RF back – ½ turn L step LF fwd (3.00)

**SEC 2 : Rumba box – back – coaster step – lunge fwd – recover**

- 1 2 3 Big step RF to R side – LF dragging to next RF – RF fwd
- 3 4 & Big step LF to L side – RF dragging to next LF – LF back
- 5 step RF backward
- 6 & 7 step LF back – RF next to LF – LF fwd
- 8 & step RF lunge fwd – Recover LF (3.00)

**SEC 3 : Basic night club make ¼ turn R – back ¼ turn R side - ¼ turn R – behind cross – point**

- 1 2 & Turn ¼ R big step RF to R side dragging LF – Rock LF behind RF – Recover on RF slightly cross over LF (6.00)
- 3 turn ¼ R stepping LF back (9.00)
- 4 & 5 turn ¼ R big step RF to R side (12.00) LF rock behind over RF – recover Rf slightly cross over LF
- 6 & 7 Big Step LF to L side – RF rock behind over LF – Recover LF slightly cross over RF
- 8 point RF to R side

**SEC 4 : Cross Rock – Recover – Together 2x – Pivot – turn ½ - turn ½**

- 1 2 & RF Cross Rock Over LF – Recover on LF – RF Together LF
- 3 4 & LF Cross Rock Over RF – Recover on RF – LF Together RF
- 5 6 RF fwd – Turn ½ L (weight on LF)
- 7 & 8 & Step RF Fwd – Turn ½ L onto L – Step RF fwd – Turn ½ L onto L (weight on L) (6.00)

\*Tag : On wall 3 and 8 After 24 Count –  
RF Dragging toward LF 3 count (facing 12.00)

\*Restart on wall 5 After 8 Count (Facing 12.00)