

# One Shoot Day

Compte: 48

Mur: 2

Niveau: Improver

Chorégraphe: Jun Andrizal (INA) - October 2023

Musique: One Day - Charice



## I. STEP FWD , BALL STEP , WALK FWD , BOUNCE

- 1-2& Step R fwd , Recover on L , Close R beside L
- 3-4& Step L fwd , Recover on R , Close L beside R
- 5-6 Walk fwd on R - L
- 7&8 Step R fwd , Heels Up , Heels down

## II. HEEL TWIST , STEP BACK , COASTER STEP

- 1&2 Step back on R , heel twist out - in
- 3&4 Step back on L , heel twist out - in
- 5-6 Step back on R - L
- 7&8 Step R back , Close L beside R , Step R fwd

## III. SIDE , BEND , HEEL TOE TWIST (2X)

- 1-2& Step L to side with Bend , heel toe twist to side
- 3&4 Heel toe twist to side , Hitch on R
- 5-6& Step R to side with Bend , heel toe twist to side
- 7&8 Heel toe twist to side , Hitch on L

## IV. STEP FWD , CLOSE , BACK , CLOSE , PIVOT 1/2 TURN RIGHT , FULL 1/2 TURN RIGHT

- 1234 Step L fwd , Close R beside L , Step L back , Close R beside L
- 5-6 Step L fwd , 1/2 turn right step R fwd

# Restart here and Change step , Pivot 1/2 turn right and start again (12.00)  
(7&8 Step L fwd , 1/2 turn right step R fwd , Close L beside R)

- 7-8 1/2 turn right step L back , 1/2 turn right step R fwd

## V. NC BASIC WITH 1/2 TURN LEFT

- 1-2 Step L to side , Hold
- 3-4 Step R slightly behind L , Cross L over R
- 5-6 Step R to side , Hold
- 7-8 1/2 turn left step L to side , Cross R over L

## VI. NC BASIC WITH 1/2 TURN LEFT

- 1-2 Step L to side , Hold
- 3-4 Step R slightly behind L , Cross L over R
- 5-6 Step R to side , Hold
- 7-8 1/2 turn left big step L to side , Step R toward to L

Restart and Change step on Wall 3 after 30 count

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