

# One Day

**Compte:** 56

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Deborah Lenzi (USA)

**Musique:** One Day You Will - Martina McBride



## **ROCK HIPS RIGHT& LEFT, STEP BACK RIGHT LEFT TURN RIGHT ¼ SHUFFLE**

- 1-4 Rock hips right 2 times, rock hips left 2 times  
5-6 Step back, ronde right, ronde left back  
7&8 Turn ¼ right, shuffle right, left, right in place

## **ROCK HIPS LEFT & RIGHT STEP BACK LEFT RIGHT TURN LEFT ¼ SHUFFLE**

- 1-4 Rock hips left 2 times, rock hips right 2 times  
5-6 Step back, ronde left, ronde right back  
7&8 Turn ¼ left shuffle left right left in place

## **RIGHT HEEL & TOE TAPS, HITCH ¼ RIGHT SHUFFLE**

- 1-2 Right heel tap 2 times in front  
3-4 Right toe tap 2 times to side  
5-6 Right hitch, cross in front ¼ right  
7&8 Right shuffle

## **LEFT HEEL AND TOE TAPS HITCH, ROCK HIPS RIGHT, LEFT**

- 1-2 Left heel tap 2 times in front  
3-4 Left toe tap 2 times to side  
5-6 Hitch left cross in front, step left side  
7&8 Rock hips right-left-right

## **LEFT LOCK TURN ¼ RIGHT LOCK ¼ RIGHT, ROCK LEFT RIGHT**

- 1&2 Step back left lock (left-right-left)  
3&4 Turn ¼ right side lock (right-left-right) turn ¼ right  
5-6 Rock left forward, right back  
7&8 Left coaster back (left-right-left)

## **RIGHT STEP SLIDE RIGHT AND LEFT ROCK, WEAVE**

- 1-4 Right step, side slide left, right step, side slide left  
5-6 Rock side right, rock side left  
7&8 Right cross behind, left to side, cross right in front

## **LEFT STEP SLIDE LEFT AND RIGHT ROCK, WEAVE**

- 1-4 Left step side, slide right, left step side, slide right  
5-6 Rock side left, rock side right  
7&8 Left cross behind, right to side, cross left in front

**REPEAT**