

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
