

# One Day At A Time

**Compte:** 56

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Alan Birchall (UK)

**Musique:** 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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