

# One Fine Day

Compte: 40

Mur: 4

Niveau: Improver



Chorégraphe: Amanda Bowden (AUS) & Gordon Elliott (AUS) - April 2013

Musique: Keep On Running - The Spencer Davis Group : (Album: Revolutions : The Best Of Steve Winwood - Remastered)

This dance is done in FOUR directions. Introduction: 40 Beats on vocals

Original Position: Feet Together, Weight On The Left Foot.

## FORWARD, FORWARD, FORWARD, KICK, BACK, TOUCH, FORWARD, KICK

1, 2 Step R Forward, Step L Forward,  
3, 4 Step R Forward, Kick L Forward,  
5, 6 Step L Back, Touch R Toe Back,  
7, 8 Step R Forward, Kick L Forward.

## SLOW COASTER, SCUFF, PIVOT TURN, FORWARD, HOLD

1, 2, 3 Slow Coaster : Step L Back, Step R Together, Step L Forward,  
4 Scuff R Forward,  
5, 6 Pivot : Step R Forward, Turn 180deg Left Take Weight Onto L,  
7, 8 Step R Forward, Hold.

## DOROTHY STEP, DOROTHY STEP, DOROTHY STEP, FORWARD, ROCK

1, 2 & Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,  
3, 4 & Step R Forward At 45deg Right, Lock L Behind Right, Step R Together,  
5, 6 & Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,  
7, 8 Step R Forward, Rock Back Onto L.

## SAILOR STEP, SAILOR STEP, SAILOR STEP, FORWARD, SCUFF

1 & 2 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,  
3 & 4 Sailor : Step L Behind Right, Step R To The Side, Step L To The Side,  
5 & 6 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,  
7, 8 Step L Forward, Scuff R Forward. ##

## TOE STRUT, 1/4 TOE STRUT, HIP, HIP, HIP, HIP

1, 2 Strut : Step R Toe Forward, Drop R Heel To The Floor,  
3, 4 Strut : Turn 90deg Left Step L Toe Forward, Drop L Heel To The Floor,  
5, 6 Step R To The Side Push Hips To The Right, Push Hips To The Left,  
7, 8 Push Hips To The Right, Push Hips To The Left. \*\*

[40] Repeat The Dance In New Direction

TAG : At the END ( \*\* ) of WALL 1 (3.00) add the following tag

1, 2 Step R Forward At 45deg Right, Step L Forward At 45deg Left,  
3, 4 Step R Back To The Centre, Step L Together

RESTART : On WALL 3 & WALL 6 dance to BEAT 32 ( ## ) & RESTART to the 6.00 & 12.00 respectively.

Contact: [lovadare@hotmail.com](mailto:lovadare@hotmail.com)