

One Day

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Séverine Fillion (FR) - January 2020
音乐: One Day - Perfect Friction



Intro : 16 counts

[1-8] SHUFFLE FWD, BRUSH FWD - BRUSH BACK, SHUFFLE FWD, BRUSH FWD - BRUSH BACK

1&2 Shuffle right left right fwd
3-4 Brush left ball fwd, Brush left ball backward cross over right leg
5&6 Shuffle left right left fwd
7-8 Brush right ball fwd, Brush right ball backward cross over left leg

[9-16] SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND, 1/4 TURN, FWD

1-2 Rock step right to right side, recover on left
3&4 Right cross behind left, left to left, right cross over left
5-6 Rock step left to left side, recover on right
7&8 Left cross behind right, 1/4 turn right stepping right fwd, left fwd 3:00

[17-24] STOMP FWD, RIGHT TOE FAN, HEEL SWITCH, CLAP CLAP

Option style for counts 1 to 7 : hands on waist

1-2 Stomp right fwd (right toe turn to left), swivel right toe to the right
3&4 Swivel right toe to the left, to the right, to the left (keep weight on left)
5&6 Touch right heel fwd, recover on right next to left, Touch left heel fwd
&7 Recover on left next to right, Touch right heel fwd
&8 Clap Clap

[25-32] LARGE SIDE STEP, SLIDE (with arms), CROSS, UNWIND 1/2 TURN (X 2)

1-2 Large side step to the right, Slide left next to right

Option style for counts 1-2 & 5-6 : Bring both arms up to shoulder level, left arm extended to left, right arm bent across body and turn your head to the left.

3-4 Left cross over right, unwind 1/2 turn right (ending weight on left) 9:00
5-6 Large side step to the right, Slide left next to right
7-8 Left cross over right, unwind 1/2 turn right (ending weight on left) 3:00

PONT : 32 counts (At the end of wall 7 at 9 :00) then start again the dance at 3:00

1-8 Large right step to right side, Slide left (1-4), Large left step to left side, Slide right (5-8)
9-16 Large right step, Slide left (1-4), 1/4 turn right & Large left step, Slide right (5-8) 12:00
17-24 Large right step, Slide left (1-4), 1/4 turn right & Large left step, Slide right (5-8) 3:00
25-32 Large right step, Slide left (1-4), Large left step, Slide right (5-8)

HAVE FUN & ENJOY !!