

# One Night A Day

COPPERKNOB  
BY STEPHEN

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Roy Verdonk (NL), YoungSoon Song (KOR) & Luddy Choi (KOR) - July 2020  
音乐: One Night a Day - Garth Brooks



Intro : 16 counts (appr. 16 counts into music)

Tag: in wall 3 after 20 counts a 2 count tag will occur (you will be facing 03.00)

**S1: CROSS ROCK R/RECOVER L, SIDE ROCK R/ RECOVER L, CROSS R, SIDE L, 1/4 TURN R, BACK R, WALK FORWARD L/R/L, ROCK FORWARD R, RECOVER L WITH FLICK R**

1&2&      RF Cross Over(1), LF Recover(&), RF Rock R(2), LF Recover(&)  
3&4      RF Cross Over(3), LF Step L(&), RF 1/4 Turn R Step Back R(4) (03.00)  
5-6&      LF Step Forward(5), RF Step Forward(6), LF Step Forward(&)  
7-8      RF Rock Forward(7), LF Recover Weight Flicking RF Back(8)

**S2: FORWARD R, 3/4 SPIRAL TURN L, N.C BASIC L, 1/8 TURN R ROCKING CHAIR R, WALK 3X**

1-2      RF Forward (1), 3/4 Turn L (Weight RF)(2) (06.00)  
3-4&      LF Step L(3), RF Step Together(4), LF Cross Over with 1/8 Turn R(7:30)(&)  
5&6&      RF Rock Forward(5), LF Recover(&), RF Rock Back(6), LF Recover(&)  
7-8&      RF Step Forward(7), LF Step Forward(8), RF Step Forward(&)

**S3: CROSS ROCK L/ RECOVER R, SIDE ROCK L/ RECOVER R, CROSS, SIDE, 1/4 TURN L, BACK L, WALK FORWARD R/L/R, ROCK FORWARD L, RECOVER R WITH FLICK L**

1&2&      LF Cross Over(1), RF Recover(&), LF rock L(2), RF Recover(&)  
3&4      LF Cross Over(3), RF Step R(&), LF 1/4 Turn L Step Back(4) (03.00)  
5-6&      RF Step Forward(5), LF Step Forward(6), RF Step Forward(&)  
7-8      LF Rock Forward(7), RF Recover Weight Flicking LF Back(8)

**S4: FORWARD L, 3/4 SPIRAL TURN R, N.C BASIC R, 1/8 TURN L ROCKING CHAIR L, WALK 3X**

1-2      LF Forward(1), 3/4 Turn R (Weight LF)(2) (12.00)  
3-4&      RF Step R(3), LF Step Together(4), RF Cross Over with 1/8 Turn L(10:30)(&)  
5&6&      LF Rock Forward(5), RF Recover(&), LF Rock Back (6), RF Recover(&)  
7-8&      LF Step Forward(7), RF Step Forward(8), LF Step Forward(&)

**S5: FORWARD R WITH SWEEP AND 1/8 TURN R , CROSS , SIDE ROCK/ RECOVER CROSS 2X, BASIC N.C. R**

1-2      Forward R with Sweep L With 1/8 Turn R(1), LF Cross Over(2) (12.00)  
3-4&      RF Rock Side R(3), LF Recover(4), RF Cross Over(&)  
5-6&      LF Rock Side L(5), RF Recover(6), LF Cross Over(&)  
7-8&      RF Step R(7), LF Step Together(8), RF Cross Over(&)

**S6: 1/2 DIAMOND, SPIRAL 5/8 TURN R, WALK FORWARD 2X, FORWARD WITH SWEEP, FORWARD**

1-2&      LF Step L, (1), 1/8 Turn R Stepping RF Backwards(2) (01.30), LF Step Backwards(&)  
3-4&      1/8 Turn R Stepping RF side(3) (03.00), 1/8 Turn R Step LF Forward (4:30)(4), RF Step Forward(&)  
5-6&      1/8 Turn R Stepping LF Side L (06.00) and making 5/8 Turn R(1:30)(5), RF Step Forward(6), LF Step Forward(&)  
7-8      RF Step Forward with LF Sweep(7), LF Step Forward(8)

**S7: ROCK STEP FORWARD R/ RECOVER L, FULL TURN R , BACK ROCK R/ RECOVER L, 1/2 SLOW PIVOT L, FULL TURN L**

- 1&2& RF Rock Forward(1), LF Recover(&), 1/2 Turn R Stepping RF forward (2) (07.30), 1/2 Turn R Stepping LF Back(&) (01.30)
- 3-4 RF Rock Back(3), LF Recover(4)
- 5-6 RF Step Forward(5), RF 1/2 Slow Turn L(7:30) (weight remains on RF)
- 7-8& LF Step Forward(7), 1/2 Turn L Stepping RF Back (8) (01.30), 1/2 Turn L Stepping LF Forward(&) (07.30)

**S8: 1/8 TURN L, SWAY 3X, CROSS TWINKLE L WITH 1/8 TURN L, FORWARD WITH SWEEPS (2X), FORWARD R/L**

- 1-2 1/8 Turn L Stepping RF with Sway R side(1) (06.00), LF Sway L Side(2)
- 3 RF Sway R side(3)
- 4&5 LF Cross in front of RF (4), RF rock side R (&), Recover onto LF With 1/8 turn L (5) (04.30)
- 6-7 RF forward with Sweep (6), LF forward with Sweep (7)
- 8& RF step forward (8), LF step forward (&)

**Tag in wall 3 after 20 counts a 2 count tag will occur (you will be facing 03.00)**

- 1-2 RF Step forward (1), make 1/4 Turn L taking weight onto LF (12.00)
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