

One Day

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - May 2021
音乐: One Day - BEXAR : (Spotify)



(16 counts intro)

[S1] 2x Step-Scuff, Fwd Rock-1/4R-Together, Heel Swivels 1/4L Turn, L Coaster Step

1&2& Step forward on R, Scuff L forward, Step forward on L, Scuff R forward
3&4& Rock forward on R, Recover weight on L, Make a ¼ turn right stepping forward on R, Step L together (3:00)
5&6 Swivel both heels to the right, Heels to the left, Swivel both heels to the right whilst making a ¼ turn left (12:00)
7&8 Step back on L, Step R next to L, Step forward on L*

[S2] Fwd, 1/4R Back-Back-L Coaster Step, 1/4L, 1/2L, Step-Pivot 1/4L

1 2& Step forward on R, Make a ¼ turn right stepping back on L, Step back on R (3:00)
3&4 Step back on L, Step R next to L, Step forward on L
5 6 Make a ¼ turn left stepping back on R, Make a ½ turn left stepping forward on L (6:00)
7 8 Step forward on R, Make a ¼ turn left recover weight on L** (3:00)

[S3] Hitch-Together-Point-Hitch, Shuffle Fwd, Box 1/4R-Fwd

1&2& Hitch R knee, Step R together, Point L to the left, Hitch L knee
3&4 Shuffle forward on L-R-L
5 6 Cross R over L, Make a ¼ turn right stepping back on L (6:00)
7 8 Step R to the side, Step forward on L

[S4] Turning Voltas R-L, 1/4R, Step-Pivot 1/4R

1&2 Step forward on R, Make a ¼ turn right stepping L close to R, Cross R over L (9:00)
3&4 Make a ¼ turn left stepping forward on L, Make a ¼ turn left stepping R close to L, Cross L over R (3:00)
5 6 Make a ¼ turn right stepping forward on R, Step forward on L (6:00)
7 8 Make a ¼ turn right recover weight on R, Step L together (9:00)

Restart: On Wall 2 count 8 * (9:00) and Wall 4 count 16** (9:00)

Ending suggestion: The last wall finishes at 6:00.

Make a further ½ turn right stepping L to the side, Drag R close to L (12:00).

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 19/May/21)