

# One Day

拍数: 56      墙数: 4      级数: Improver  
编舞者: Deborah Lenzi (USA)  
音乐: One Day You Will - Martina McBride



## ROCK HIPS RIGHT& LEFT, STEP BACK RIGHT LEFT TURN RIGHT ¼ SHUFFLE

1-4      Rock hips right 2 times, rock hips left 2 times  
5-6      Step back, ronde right, ronde left back  
7&8      Turn ¼ right, shuffle right, left, right in place

## ROCK HIPS LEFT & RIGHT STEP BACK LEFT RIGHT TURN LEFT ¼ SHUFFLE

1-4      Rock hips left 2 times, rock hips right 2 times  
5-6      Step back, ronde left, ronde right back  
7&8      Turn ¼ left shuffle left right left in place

## RIGHT HEEL & TOE TAPS, HITCH ¼ RIGHT SHUFFLE

1-2      Right heel tap 2 times in front  
3-4      Right toe tap 2 times to side  
5-6      Right hitch, cross in front ¼ right  
7&8      Right shuffle

## LEFT HEEL AND TOE TAPS HITCH, ROCK HIPS RIGHT, LEFT

1-2      Left heel tap 2 times in front  
3-4      Left toe tap 2 times to side  
5-6      Hitch left cross in front, step left side  
7&8      Rock hips right-left-right

## LEFT LOCK TURN ¼ RIGHT LOCK ¼ RIGHT, ROCK LEFT RIGHT

1&2      Step back left lock (left-right-left)  
3&4      Turn ¼ right side lock (right-left-right) turn ¼ right  
5-6      Rock left forward, right back  
7&8      Left coaster back (left-right-left)

## RIGHT STEP SLIDE RIGHT AND LEFT ROCK, WEAVE

1-4      Right step, side slide left, right step, side slide left  
5-6      Rock side right, rock side left  
7&8      Right cross behind, left to side, cross right in front

## LEFT STEP SLIDE LEFT AND RIGHT ROCK, WEAVE

1-4      Left step side, slide right, left step side, slide right  
5-6      Rock side left, rock side right  
7&8      Left cross behind, right to side, cross left in front

REPEAT

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