

# 1 Sweet Day

拍数: 32      墙数: 4      级数: Intermediate nightclub  
编舞者: Steve Rutter (UK)  
音乐: One Sweet Day - Boyz II Men & Mariah Carey



## KICK-BALL CROSS, WEAVE, ROCK & CROSS, ¼ TURN RIGHT, TOE TOUCH

1&2      Kick right forward, close right beside left, cross left over right  
&3      Step right-to-right side, cross left behind right  
&4      Step right-to-right side, cross left over right  
5&6      Rock right-to-right side, recover weight onto left, cross right over left  
7&8      Make a quarter turn right stepping back on left, make a half turn right stepping forward on right, touch left toe to left side

## TOE TOUCH, SIDE STEP, TOE TOUCH, SIDE STEP, CROSS, UNWIND ½ TURN RIGHT, TOE TOUCH, BACK ROCK, SIDE STEP, CROSS BEHIND, UNWIND ¾ TURN LEFT, TOE TOUCH

9&10      Touch left toe forward and slightly across right, step left to left side, touch right beside left  
&11      Step right-to-right side, cross left over right  
&12      Unwind a half turn right (weight ending on left), touch right toe beside left  
13&14      Rock back on right, recover weight forward onto left, step right-to-right side  
15&16      Cross left behind right, unwind a three-quarter turn left (weight ending on left), touch right toe to right side

## SYNCOPATED JAZZ BOX, TRIPLE FULL TURN LEFT, BACK ROCK, ¼ TURN LEFT, TRIPLE FULL TURN LEFT

17&18      Cross right over left, step back on left, step right to right side  
&19      Cross left over right, make a quarter turn left stepping back on right  
&20      Make a half turn left stepping forward on left, make a quarter turn left stepping right to right side

### For those that don't like too many turns steps

19&20      Can be replaced with a right vine  
  
21&22      Rock back on left, recover weight forward on to right, make a quarter turn left stepping forward on left  
23&24      Make a half turn left stepping back on right, make a half turn left stepping forward on left, step forward on right

**Steps 23&24 can be replaced with a right lock step forward if the turns get too much & make you dizzy**

## BACK LOCK STEP, TRIPLE FULL TURN RIGHT, ROCK & CROSS, HIP SWAYS

25&26      Step back on left, lock right in front of left, step back on left  
27&28      Make a full turn right on the spot stepping on right, left, right  
**Steps 27&28 can be replaced with a right coaster step if you have had enough of turns by this point**  
29&30      Rock left-to-left side, recover weight onto right, cross left over right  
31-32      Step right-to-right side swaying hips right, sway hips left

**REPEAT**