

One Day You Will

拍数: 48 墙数: 2 级数: Smooth Advanced
编舞者: Dee Musk (UK) - February 2010
音乐: One Day You Will - Lady A : (Album: Lady Antebellum - 4:30)



32 Count Intro - Approx 28 secs.

STEP ROCK RECOVER, STEP FULL TURN R, SWAY BACK FORWARD BACK, STEP ½ TURN L.

- 1,2& Step forward on R, rock forward on L, recover weight to R.
3,4& Step back on L, make a ½ turn R stepping forward on R, make another ½ turn R stepping back on L.
5-7 Rock back on R, rock forward on L, rock back on R.
8& Step forward on L, make a ½ turn L stepping back on R. (6 o'clock).

BACK ROCK STEP, R STEP ¾ TURN SIDE R, BACK ROCK SIDE CLOSE, FORWARD, FULL TURN

- 1, 2 Rock back on L, step forward on R.
****Tag - 1 count tag during wall 5 – then restart facing 6 o'clock.**
3&4 Step forward on L, make a ¾ turn R, step L to L side.
5&6& Cross rock R behind L, recover weight to L, step R to R side, close L beside R.
7 Step forward on R.
8& Make a ½ turn R stepping back on L, make another ½ turn R stepping forward on R. (3 o'clock).

FORWARD ROCK RECOVER TOGETHER, FORWARD ROCK RECOVER TOGETHER, STEP ½ TURN R, CROSS SIDE BEHIND SIDE.

- 1,2& Rock forward on L, recover weight to R, step L beside R.
3,4& Rock forward on R, recover weight to L, step R beside L.
5-6 Step forward on L, make a ½ turn R (weight on R).
7&8& Cross step L over R, step R to R side, cross step L behind R, step R to R side. (9 o'clock).

CROSS ROCK RECOVER SIDE, CROSS ROCK RECOVER SIDE, CROSS UNWIND A FULL TURN R WITH SWEEP, CROSS L OVER R, CROSS R OVER L.

- 1,2& Cross rock L over R, recover weight to R, step L to L side.
3,4& Cross rock R over L, recover weight to L, step R to R side.
5-7 Cross step L over R, unwind a full turn R over 2 counts sweeping L in front of R. (weight remains on R).
8,1 Cross step L over R, cross step R over L (moving forwards). (9 o'clock).

BACK SIDE CROSS, L ¼ TURN SIDE STEP, STEP, L MAMBO FORWARD, R COASTER STEP.

- 2&3 Step back on L, step R to R side, cross step L over R.
4&5 Making a ¼ turn L step back on R, step L to L side, step forward on R.
6&7 Rock forward on L, recover weight to R, step back on L.
8&1 Step back on R, close L beside R, step forward on R. (6 o'clock)

STEP FULL TURN R WITH SWEEP, BEHIND SIDE, TRAVELLING FORWARD STEP SPIRAL FULL TURN L, STEP, FULL TURN L.

- 2&3 Step forward on L, pivot ½ turn R (weight on R), make another ½ turn R stepping back on L sweeping R behind L.
4& Cross step R behind L, step L to L side.
*** Restart from here during wall 3, begin again facing 6 o'clock.**
5 Step forward on R.
6 Unwind a full turn L spiralling on R hooking left in front of right.
7 Step forward on L.

8& Make a ½ turn L stepping back on R, make another ½ turn L stepping forward on L (6 o'clock).

****Tag – 1 Count**

During Wall 5 dance up to and including count 10 then add:

1 Cross L over R unwind a full turn R – Easier Option walk forward on L (weight on L).

Then restart the dance from the beginning facing 6 o'clock.

Ending.....The dance finishes on Section 2 after the full turn R facing 3 o'clock wall - simply walk a ¾ turn R slowly to face the front wall.

Relax and Enjoy Luv Dee xx

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