

One Day

拍数: 32 墙数: 4 级数: Beginner - Non Country
编舞者: Fabien REGOLI (FR) - March 2013
音乐: One Day by Asaf Avidan



[1-8] Rockstep, Costerstep, Rockstep, Sailor step ¼ turn

1-2 Step right forward (to support PD), back onto left
3 & 4 Step right back, step left beside right, step right forward
5-6 Step left forward (to support PG), Back support PD
7 & 8 Step left back ¼ turn right, step right beside left, step forward

[9-16] Step side, Cross back, Shuffle right, Rockstep cross, Shuffle left

1-2 Step right side right, cross left behind right
3 & 4 Step right side (D G D)
5-6 Step left across right (taking weight on left), back onto right
7 & 8 Step left side left (GDG)

[17-24] Walk, Walk, Shuffle forward, Step forward, ¼ turn, Shuffle forward

1-2 Walk forward right, Walk forward left
3 & 4 Step forward (D G D)
5-6 Step Left Forward, 1/4 turn to the right
7 & 8 Shuffle forward (G D G)

[25-32] Step ¼ turn, , Shuffle Cross, Rockside , Behind front side

1-2 Step right forward, 1/4 turn left
3 & 4 cross to the left side (DGD)
5-6 Step left side left (to build), recover onto right
7 & 8 Derirere front side to the front side (GDG)

START OVER AND KEEP SMILING

Association law 1901-the wanted country dance
6 bd Jourdan -13014 Marseille - 06.03.54.16.95
Site: <http://thewantedcountrydance.jimdo.com/>