

One Day In Your Life

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Francien Sittrop (NL) - October 2013
音乐: One Day - Caro Emerald : (Album: The Shocking Miss Emerald)



Intro: Start after 32 counts on Vocals

[1 – 8] Toestruts R & L (You may also use hips), Rocking Chair

1 – 2 Step R Toe fwd , Step R Heel down and click fingers
3 – 4 Step L Toe fwd , Step L Heel down and click fingers
5 – 8 Rock R fwd, Recover on L, Rock R back, Recover on L

[9 – 16] Toestruts R & L(You may also use hips),, Rock fwd Recover, Step Back, Touch fwd

1 – 2 Step R Toe fwd , Step R Heel down and click fingers
3 – 4 Step L Toe fwd , Step L Heel down and click fingers
5 – 6 Rock R fwd, Recover on L
7 – 8 Step R back, Touch L fwd and Click your fingers over your R shoulder

[17-24] Step , Scuff, Jazz Box , Side, Behind

1 – 2 Step L fwd, Scuff R fwd
3 – 4 Step R across L, Step L back
5 – 6 Step R to R side, Step across L
7 – 8 Step R to R side, Step L behind R

[25-32] Side Shuffle, Rock Recover, Side, Behind, ¼ Shuffle fwd

1 & 2 Step R to R side, Step L next to R, Step R to R side
3 – 4 Rock L back, Recover on R
5 – 6 Step L to L side, Step R behind L
7 & 8 ¼ Turn L step L fwd , Step R next to L, Step L fwd (09.00)

****R****

[33-40] Step fwd Recover, Pivot ¼ L x2 , Step fwd Touch Behind, Step Back, Heel fwd, Hold

1 – 2 Step R fwd, Recover on L with ¼ Turn L and use Hips
3 – 4 Step R fwd, Recover on L with ¼ Turn L and use Hips (03.00)
5 - 6 Step R fwd, Touch L behind R
&7-8 Step L back, Touch R heel fwd, Hold

[41-48] Side Mambo's x2, Touch , Hold

1 – 4 Rock R to R side, Recover on L, Step R fwd , Rock L to L side
5 – 8 Recover on R, Step L fwd ,Touch R next to L, Hold

[49-56] Step fwd, Point Side x2, Jazzbox ½ Turn R

1 – 2 Step R fwd, Point L to L side
3 – 4 Step L fwd, Point R to R side
5 – 8 Step R across L, ¼ Turn R step L back, ¼ Turn R step R fwd, Step L fwd (09.00)

[57-64] Hiprolls, Step fwd , Hold x2

1 – 4 Touch R fwd and roll your hips clockwise (1-2), Bump hips Right (3), Hold (4)
5 – 8 Touch L fwd and roll your hips counterclockwise (5 - 6) , Bump hip L (7) , Hold (8)

Restarts : During wall 2(06.00) ,Wall 5 (09.00), Wall 7(03.00) after count 32 start again with count 1

Tag 1 (8 counts): (facing 3 o'clock wall)

After wall 3 : Do the last 8 counts (hiprolls, Hold) and start again with count 1

Tag 2 (32counts - 16x2) : (Facing 6 o'clock wall)

After wall 6 :

[1 – 8] Rumba Box , Hold x2

1 – 4 Step R to R side, Step L next to R, Step R fwd, Hold

5 – 6 Step L to L side, Step R next to L, Step L back, Hold

[9-16] Coaster Cross, Hold , ½ Turn R , Cross , Hold

1 – 4 Step R back, Step L next to R, Step R across L, Hold

5 – 8 ¼ Turn R step L back, ¼ Turn R step R to R side, Step L across R, Hold

Repeat these 16 counts and start again with count 1

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