

One More Day

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Julia Wetzel (USA) - January 2015
音樂: One More Day - Diamond Rio : (Album: One More Day - 3:36)



Intro: 18 counts (approx. 19 seconds into track)

[1 – 8] □ Fw Rock, ½, Fw Rock, ½, ¼ Sweep, Behind, Side, Cross, Side Rock, Cross □

1, 2& Rock R fw (1), Recover on L (2), ½ Turn right step R fw (&) □6:00
3, 4&5 Rock L fw (3), Recover on R (4), ½ Turn left step L fw (&), ¼ Turn left step R to right side
sweep L from front to back (5) □9:00
6&7&8& Step L behind R (6), Step R to right side (&), Cross L over R (7), Rock R to right side (&),
Recover on L (8), Cross R over L (&) □9:00

[9 – 17] □ L Basic, R Basic, ¾, Run, Mambo Sweep □

1, 2& Step L to left side (1), Close R behind L (2), Cross L over R (&) □9:00
3, 4& Step R to right side (3), Close L behind R (2), Cross R over L (&) □9:00
5, 6& ¼ Turn right step L back and continue another ½ turn right on ball of L (total = ¾ spiral turn)
(5), Step R fw (6), Step L fw (&) □6:00

*Restart on Wall 3 after here ~ see description below ~ □

7, 8&1 Step R fw (7), Rock L fw (8), Recover on R (&), Step L back sweep R from front to back
(1) □6:00

[18 – 25] □ Back Sweep, Behind, Side Rock, Behind, ¼, Full Turn, Cross, Side, Behind Rock □

2 Step back sweep L from front to back (2) □6:00
3&4&5 Step L behind R (3), Rock R to right side (&), Recover on L (4), Step R behind L (&), ¼ Turn
left step L fw (5) □3:00
6 - 7 ½ Turn left step R back (6), ½ Turn left step L fw sweep R from back to front (7)
Easy Option: Step R fw sweep L from back to front (6), Step L fw sweep R from back to front (7) □3:00
8&1 Cross R over L (8), Step L to left side (&), Rock R behind L opening body to right diag. (1)
□3:00

[26 – 32] □ Hitch, Fw Rock, Side Rock, Back, Back, ½, Spiral, Step, Step □

2 Recover on L and hitch R straightening to 3:00 (2) □3:00
3&4&5 Rock R fw slightly across L (3), Recover on L (&), Rock R to right side (4), Recover on L (&),
Step R back small sweep L from front to back (5) □3:00
6&7 Step L back (6), ½ Turn right step R fw (&), Step L fw and spiral full turn right on L (7)
Easy option: Step L fw (7) □9:00
8& Step R fw (8), Step L fw (&) □9:00

Restart □ On Wall 3, dance up to Count 14& (Step L fw) facing 12:00, then Start Wall 4 facing 12:00 □

Ending □ Slow down with music as Wall 7 ends facing 12:00. Optional extra turn:

Dance up to Count 32 (Step R fw facing 12:00) then ½ Turn right step L back (&), ½ Turn right step R fw (1)
□

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