

One Day

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 2 級數: Phrased Intermediate
編舞者: Shirley Bryan (USA) - January 2016
音樂: One Day - Matisyahu



Phrased: Sequence: AB, ACB, ABC / 16 count Intro

PART A (16 Counts, Repeat +32 counts)

A1: BASIC NC2 STEP, STEP, PIVOT ½, CROSS, BASIC NC2 STEP, STEP, PIVOT ½, CROSS

1-2& *□ Long step R to R (1), Rock L back (2), Cross R over L (&
3-4& Step L to L Pivot R ½ (3), Step back on R (4), Cross L over R (&
5-6& *□ Long step R to R (5), Rock L back (6), Cross R over L (&
7-8& Step L to L Pivot R ½ (7), Step back on R (8), Cross L over R (&

*Styling: Bring arm around and over in the direction you are traveling (arch)

A2: STEP, SWEEP, STEP, CROSS, ROCK, ½ PIVOT, WALK, WALK, ROCK RECOVER 2X

1-2& Step Back on R (1), Sweep L behind R (2), Step R to R (&
3-4& Cross L over R (3), Rock R forward diagonal (1:30) (4), Step L back Pivot R ½ (&
5-6 Step R forward (5), Step L forward (6) (7:30)
7&8& Rock R forward (7), Recover L (&), Rock R back (8), Recover L (&) (slight turn to 6:00)

A3 + A4: REPEAT 16 COUNTS

PART B (32 Counts)

B1: BASIC NC 2 STEP TWICE, ROCKING CHAIR, WALK, WALK

1-2& Long step R to R (1), Rock L back (2), Slightly cross R over L (&
3-4& Long step L to L (3), Rock R back (4), Slightly cross L over R (&
5&6& Rock R forward (5), Recover onto L (7), Rock R back (6), Recover onto L (&
7-8 Step R forward (7), Step L forward (8)

B2: REPEAT 8 COUNTS of B1

B3: SYNCOPATED BALL CHANGE TWICE, STEP, BEHIND, SIDE, CROSS, UNWIND

1-2& Rock R forward (Point R hand to sky) (1), Recover onto L (2), Step R next to L (&
3-4& Rock L forward (Point L hand to sky) (3), Recover onto R (4), Step L next to r (&
5-6& Step R to R (5), Step L behind R (6), Step R to R (&),
7-8& Cross L over R (7), Unwind ½ turn (8), Hold (&

B4: REPEAT 8 COUNTS of B3

PART C (8 Counts, Repeat + 16 counts)

C1: BASIC NC 2 STEP TWICE, ¼ TURN, ¼ TURN, ¼ TURN, CROSS

1-2& Long step R to R (1), Rock L back (2), Slightly cross R over L (&
3-4& Long step L to L (3), Rock R back (4), Slightly cross L over R (&
5-6 Step R forward turning ¼ (3:00) (5), Step L back turning ¼ (6:00) (6)
7-8 Step R forward turning ¼ (9:00) (7), Cross L over R (8)

C2: REPEAT 8 COUNTS

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