

# One Sweet Day

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver NC2S  
編舞者: Nita - May 2020  
音樂: One Sweet Day - Boyz II Men & Mariah Carey



**Intro: 16 count or start dance on word "Sorry....." - No Tag – No Restart**

## **SEC 1: BACK, TOGETHER, IN PLACE, BACK, TOGETHER, IN PLACE, DIAGONAL ROCK, RECOVER, SIDE, DIAGONAL ROCK, RECOVER, SIDE**

1-2&      Step R back (1), Step L beside R (2), Step R in place (&)  
3-4&      Step L back (3), Step R next to L (4), Step L in place (&)  
5-6&      Rock R forward to L diagonal (5), Recover on L (6), Step R to side (&)  
7-8&      Rock L forward to R diagonal (7), Recover on R (7), Step L to side (&)

## **SEC2: TURN ¼ LEFT, PIVOT ½ LEFT, FORWARD, PIVOT ½ RIGHT, FORWARD, ARABESQUE, BACK, TOGETHER, ARABESQUE, CROSS OVER, SIDE**

1-2&      Make ¼ L turn step R forward (1), Pivot ½ L turn (2), Step R forward (&)  
3-4&      Step L forward (3), Pivot ½ R turn (4), Step L forward (&)  
5-6&      Step R forward while lift L back (5), Step L back (6), Step R next to L  
7-8&      Step L forward while lift R back (7), Cross R over L (8), Step L to side (7)

## **SEC 3: FULL DIAMOND, CROSS OVER, TURN ¼ RIGHT BACK**

1-2&      Step R back to L diagonal (1), Step L back to L diagonal (2), Make 1/8 R turn step R to side (&) (12.00)  
3-4&      Step L forward while sweeping R from back to front (3), Cross R over L (4), Step L to side (&)  
5-6&      Step R back to L diagonal (5), Step L back to L diagonal (6), Make 1/8 R step R to side (&) (03.00)  
7-8&      Step L forward while sweeping R from back to front (7), Cross R over L (8), Make ¼ R turn step L back (&)

## **SEC 4: BASIC NIGHT CLUB (RIGHT, LEFT), SWAY (RIGHT, LEFT, RIGHT), CLOSE**

1-2&      Big step R to side (1), Rock L back (2), Recover on R (&)  
3-4&      Big step L to side (3), Rock R back (4), Recover on L (&)  
5-8      Step R to side& sway (5), Sway L (6), Sway R (7), Step L next to R (8)

**Enjoy the dance & Have fun!**

**For more questions about this dance please contact : [gieprod@yahoo.com](mailto:gieprod@yahoo.com)**