

One Day

拍數: 34 牆數: 4 級數: Intermediate
編舞者: Wil Bos (NL) & Regina Cheung (CAN) - March 2021
音樂: Just One Day (feat. Johnny Reid) - Elage Diouf



Info : Intro 8 counts

Sec 1: Nightclub Basic, ¼ Step, Step ½ Pivot Step, Full Turn Step, Mambo Sweep

- 1-2& Step left to left, step right beside left, cross left over right
- 3 Turn ¼ right step right forward (3:00)
- 4&5 Step left forward, pivot ½ right transferring weight onto right, step left forward (9:00)
- 6&7 Turn ½ left step right back, turn ½ left step left forward, step right forward (9:00)
- 8&1 Rock left forward, recover weight onto right, step left back sweeping right from front to back

Sec 2: Behind, Side, Cross Rock, Recover, Side Cross, ¾ Run Around, ⅛ Mambo Drag

- 2& Cross right behind left, step left to left
- 3-4& Cross rock right over left, recover weight onto left, step right to right
- 5 Cross left over right
- 6&7 Turn ¼ right step right forward, turn ¼ right step left forward, turn ¼ right step right forward (6:00)
- 8&1 Turn ⅛ right rock left forward, recover weight onto right, step left back dragging right towards left (7:30)

Sec 3: Run Back, Mambo Back, Full Turn Step, Mambo Sweep

- 2&3 Step right back, step left back, step right back
- 4& Rock left back, recover weight onto right
- Restart: Here on Walls 4 & 6, Turn ⅛ left to restart facing 3:00 on Wall 4 & facing 12:00 on Wall 6**
- 5 Step left forward
- 6&7 Turn ½ left step right back, turn ½ left step left forward, step right forward (7:30)
- 8&1 Rock left forward, recover weight onto right, step left back sweeping right from front to back

Sec 4: ½ Sailor Turn, Press Rock, Recover, Kick, Weave, Side Rock, Recover, Cross, Sway Sway

- 2&3 Turn ¼ right cross right behind left, turn ¼ right step left slightly to left, step right forward (1:30)
- 4-5 Press rock left forward, recover weight onto right kicking left forward
- 6&7 Cross left behind right, turn ⅛ right step right to right, cross left over right (3:00)
- &8& Rock right to right, recover weight onto left, cross right over left
- 9-10 Step left to left swaying left, sway right

Start Again

Last Update - 6 April 2021