

# Day One.. One Day

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Ria Vos (NL) - August 2021  
音樂: One Day - BEXAR : (Single)



Intro: 16 Counts

## Step, Clap, Step, Clap, Mambo ½ Turn R, Shuffle ½ Turn R, ¼ R & Point & Point

1&2&      Step Fwd on R, Clap, Step Fwd on L, Clap  
3&4      Rock Fwd on R, Recover on L, ½ Turn R Step Fwd on R (6:00)  
5&6      Shuffle ½ Turn R Stepping L-R-L (12:00)  
&7      ¼ Turn R Step R to R Side, Point L to L Side (3:00)  
&8      Step L Next to R, Point R to R Side

## (&) Cross Rock-Side, Cross Rock-Side, Weave R, ¼ L Together

&1-2      Step R Next to L, Cross Rock L Over R, Recover on R  
&3-4      Step L to L Side, Cross Rock R Over L, Recover on L  
&5&      Step R to R Side, Cross L Over R, Step R to R Side  
6&7      Step L Behind R, Step R to R Side, Cross L Over R  
&8      ¼ Turn L Step Back on R, Step L Next to R (12:00) \*\*\*Restart Point

## Cross-Side Rock, Cross-Side Rock, Heel Switches, Boogie Walk

1&2      Step R Fwd and Across, Rock L to L Side, Recover on R  
3&4&      Step L Fwd and Across, Rock R to R Side, Recover on L  
**Note 1-4: Make sure you Travel Fwd on these Steps**  
5&6&      Dig R Heel Fwd, Step R Next to L, Dig L Heel Fwd, Step L Next to R  
7&8      'Run' Fwd R-L-R (Boogie Walk)

## L Mambo Fwd, R Coaster Cross, ¾ Turn L Circle Walk Around Stepping L-R Run L-R-L

1&2      Rock Fwd on L, Recover on R, Step Back on L  
3&4      Step Back on R, Step L Next to R, Cross R Over L  
5-6      Walk Fwd L-R Starting ¾ Turn L Circle Walk Around  
7&8      'Run' Fwd L-R-L Finishing ¾ L Circle Walk Around (3:00)

## \*8 Count Tag: After wall 1 (3:00)

### Rock Fwd, & Rock Fwd, Coaster Step, Kick-Ball-Change

1-2      Rock Fwd on R, Recover on L  
&3-4      Step R Next to L, Rock Fwd on L, Recover on R  
5&6      Step Back on L, Step R Next to L, Step Fwd on L  
7&8      Kick R Fwd, Step on Ball of R Next to L, Step L in Place

## \*\*16 Count Tag: After wall 2 (6:00), 4 (12:00), 6 (3:00) [dance the 16 count tag 2x.. see ending]

### Rock Fwd, & Rock Fwd, Coaster Step, Kick-Ball-Change

[1-8] Dance the 8 count Tag from Above...then Add:

## ¾ Turn R Walk Around Stepping R-L Run R-L-R, ¾ Turn L Walk Around Stepping L-R Run L-R-L

1-2      Walk Fwd R-L Starting ¾ Turn R Circle Walk Around  
3&4      'Run' Fwd R-L-R Finishing ¾ R Circle Walk Around  
5-6      Walk Fwd L-R Starting ¾ Turn L Circle Walk Around  
7&8      'Run' Fwd L-R-L Finishing ¾ L Circle Walk Around

Restart: On wall 5 After Count 16 (12:00)

Ending: After wall 6 you dance the 16 count Tag twice facing 3:00  
To end.. on your left 'Walk Around' make a Full Turn L to end Facing Front .. Tada ☐

---