

One Day, Someday

拍數: 64 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - September 2021
音樂: One Day - Matisyahu : (Spotify)



(Intro: 32 counts) = No tags or restarts =

[S1] Knees In-Out-Hitch-Recover RL

1 2 Both knee in, Replace to the centre slightly dip down
3 4 Stretch up hitching R knee/punch up L arm, Recover/step down on R
5 6 Both knee in, Replace to the centre slightly dip down
3 4 Stretch up hitching L knee/punch up R arm, Recover/step down on L

[S2] Behind-1/4L-Side Rock, Run (on the spot), Side Rock

1 2 Step R behind L, Make a ¼ turn left stepping forward on L (9:00)
3 4 Rock R to the side, Recover weight on L
5&6 Run on the spot R-L-R
7 8 Rock L to the side, Recover weight on R

[S3] Point Fwd LRL-Together, Fwd Rock-1/2R-Fwd

1&2& Point forward on L, Step L together, Point forward on R, Step R together
3 4 Point forward on L, Step L together
5 6 Rock forward on R, Recover weight on L
7 8 Make a ½ turn right stepping forward on R, Step forward on L (3:00)

[S4] Point Fwd RLR-Together, Fwd Rock-1/2L-1/4L

1&2& Point forward on R, Step R together, Point forward on L, Step L together
3 4 Point forward on R, Step R together
5 6 Rock forward on L, Recover weight on R
7 8 Make a ½ turn left stepping forward on L, Make a ¼ turn left stepping R to the side (6:00)

[S5] Back Rock, 1/4R Shuffle Back-1/4R-1/4R, Back Rock

1 2 Rock back on L, Recover weight on R
3&4 Making a ¼ turn right shuffle back on L-R-L (9:00)
5 6 Make a ¼ turn right stepping forward on R, Make a ¼ turn right stepping L to the side (3:00)
7 8 Rock back on R, Recover weight on L

[S6] 1/4L Shuffle Back-1/4L-1/4L, Behind-Side Cross, 1/4L-Point

1&2 Make a ¼ turn left shuffle back on R-L-R (12:00)
3 4 Make a ¼ turn left stepping forward on L, Make a ¼ turn left stepping R to the side (6:00)
5&6 Step L behind R, Step R to the side, Cross L over R
7 8 Make a ¼ turn left stepping back on R, Point L to the side (3:00)

[S7] 1/4L-Point-In, Side w/ Drag, Behind-Side-Tap, Side w/Drag 1/4R

&1 2 Make a ¼ turn left step close on L, Point R to the side, Touch R next to L (12:00)
3 4 Step R to the side dragging L close to R over 2 counts
5&6 Step L behind R, Step R to the side, Tap L next to R
7 8 Push/step L to the side, Drag R close to L whilst making a ¼ turn right (weight on L) (3:00)

[S8] Coaster Step, Fwd w/ Pencil 1/2L, Coaster Step, Out-Out

1&2 Step back on R, Step L next to R, Step forward on R
3 4 Step forward on L making a ½ pencil turn on ball of L foot over 2 counts (9:00)

5&6 Step back on R, Step L next to R, Step forward on R
7 8 Step out on L, Step out on R (feet shoulder length apart)

Ending suggestion: The last wall starts facing at 6:00. Dance up to S8 count 6, then Step forward on L (7), Make a ¼ turn left on ball of L foot (8), Cross R over L (1).

**Please feel free to contact me if you need any further information. (hirokoinedancing@gmail.com)
(updated: 1/Sept/21)**
