

One Day 2-Night

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Sue Kaupelis (USA) - June 2022
音樂: One Day Tonight - Noah Thompson : (Single - iTunes)



Intro: 16 counts – start on the word “sip”

Restart on wall 3

S1: Side together, forward triple, Step ½ turn X2

1 2 Step R to right Side, Step L next to R
3&4 Triple forward R L R
5 6 Step L forward, Pivot ½ turn R ending with weight on R
7 8 Step L forward, Pivot ½ turn R ending with weight on R

Non turning option: can substitute a Left rocking chair for 5-8

S2: Side together, back triple, Reverse rocking chair

1 2 Step L to left Side, Step R next to L
3&4 Triple back L R L
5 6 Rock back on R, recover forward on L
7 8 Rock forward on R, recover back on L

S3: Step touch x2, Walk Back 3 steps with a 1/4 turn, touch

1 2 Step R to R side, Touch L next to R
3 4 Step L to L side, Touch R next to L
5 6 Walk back R, L
7 8 Step R turning ¼ turn R Touch L next to R (3:00)

RESTART here on wall 3 – change count 8 to a step and Restart

S4: Step L, hold, quickly step R next to L, Step Touch, sways

1 2 Step L to L side, Hold
&3 4 Step R next to L on &, Step L to L side, touch R
5 – 8 Sway or bump hips R, L, R, L

Start Over

Thanks to Joan Antonik for inspiring me to do this and suggesting the music.
