

# One Day Longer

拍數: 48      牆數: 4      級數: High Beginner  
編舞者: Diana Oglesby (USA) - August 2022  
音樂: One Day Longer - Richard Marx



**Intro: 24 Counts, start with weight on L - No Tags, No Restarts**

## **S1 (1-8) ROCK R SIDE, RECOVER, SYNCOPATED VINE TO L, ROCK L, RECOVER, ½ L TURNING SHUFFLE**

1-2            Rock R side (1), recover to L (2)  
3&4           Cross R behind (3), step L side (&), cross R over (4)  
5-6            Rock L side (5), recover to R (6)  
7&8           ½ L turning shuffle L-R-L (7&8) (6:00)

## **S2 (9-16) ROCK R SIDE, RECOVER, SYNCOPATED VINE TO L, ROCK L, RECOVER, ½ L TURNING SHUFFLE**

1-2            Rock R side (1), recover to L (2)  
3&4           Cross R behind (3), step L side (&), cross R over (4)  
5-6            Rock L side (5), recover to R (6)  
7&8           ½ L turning shuffle L-R-L (7&8) (12:00)

## **S3 (17-24) ROCK R FWD, RECOVER, SHUFFLE R BACK, SHUFFLE L BACK, SHUFFLE R BACK**

1-2            Rock R forward (1), recover to L (2)  
3&4           Step R back (3), step L together (&), step R back (4)  
5&6           Step L back (5), step R together (&), step L back (6)  
7&8           Step R back (7), step L together (&), step R back (8)

## **S4 (25-32) ROCK L BACK, RECOVER, TURN ¼ R and L FWD, TURN ½ R and R FWD, L SIDE, R TOGETHER, L CROSSING SHUFFLE**

1-4            Rock L back (1), recover to R (2), turn ¼ R and step L forward (3), turn ½ R and step R forward (4) (9:00)  
5-6            Step L side (5), step R together (6)  
7&8           Cross L over (7), step R together (&), cross L over (8)

## **S5 (33-40) R SIDE, L TOGETHER, R CROSSING SHUFFLE, ROCK L SIDE, RECOVER, ½ L TURNING SAILOR**

1-2            Step R side (1), step L together (2)  
3&4           Cross R over (3), step L together (&), cross R over (4)  
5-6            Rock L side (5), recover to R (6)  
7&8           Cross L behind (7), turn ½ L and step R side (&), step L side (8) (3:00)

## **S6 (41-48) WALK, WALK, R FWD SHUFFLE, L JAZZ-BOX-TOUCH**

1-2            Step R forward (1), step L forward (2)  
3&4           Step R forward (3), step L together (&), step R forward (4)  
5-8           Cross L over (5), step R back (6), step L side (7), touch R together (8)

## **REPEAT**

**Ending: The dance ends 24 counts into wall 8. You will be facing 6:00. To end the dance facing the beginning wall, please do the following – as you are shuffling back, for steps 7&8, do a ½ R turning shuffle to face 12:00.**

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