

# One More Day

拍數: 36      牆數: 4      級數: High Improver  
編舞者: Chatti the Valley (ES) & Adela Ortega (ES) - November 2023  
音樂: One More Day - Clay Davidson



Intro: 36c

**[1-8]: Left Side ROCK STEP, CROSS SHUFFLE, Right HEEL GREEN, ¼ TURN, COASTER STEP.**

- 1 Step left to left side
- 2 Recover weight on right
- 3 Cross left over right
- & Step right to right side
- 4 Cross left over right
- 5 Touch right heel forward
- 6 ¼ turn right on right heel, step left back (3:00)
- 7 Step right back
- & Step left back, beside right foot
- 8 Step right forward

**[9-16]: Left ROCK STEP, Left SAILOR STEP ½ TURN, Right & Left SHUFFLES.**

- 1 Step left forward
- 2 Recover weight on right
- 3 ½ turn left, step left behind right foot (9:00)
- & Step right to right side
- 4 Step left forward
- 5 Step right forward
- & Step left forward, near right foot
- 6 Step right forward
- 7 Step left forward
- & Step right forward, near left foot
- 8 Step left forward

**[17-24]: Right ROCK STEP, Right SHUFFLE ½ TURN Back, Left CHASSE ¼ TURN, Right SAILOR STEP.**

- 1 Step right forward
- 2 Recover weight on left foot
- 3 ¼ turn right, step right to right side
- & Step left beside right foot
- 4 ¼ turn right, step right forward (3:00)
- 5 ¼ turn right, step left to left side
- & Step right beside left foot
- 6 Step left to left side (6:00)
- 7 Step right behind left foot
- & Step left to left side
- 8 Step right to right side

**[25-32]: Left SAILOR STEP ¼ TURN, Right STEP, Left Back POINT, Left Back SHUFFLE, Right COASTER STEP.**

- 1 ¼ turn left, step left behind right foot
- & Step right to right side
- 2 Step left to left side (3:00)
- 3 Step right forward
- 4 Touch left toe back to right foot

- 5 Step left back
- & Step right back, near left foot
- 6 Step left back
- 7 Step right back
- & Step left back, beside right foot
- 8 Step right forward

**[33-36]: Right STEP TURN, L-R WALK.**

- 1 Step left forward
- 2 ½ turn right, weight on right foot (9:00)
- 3 Step left forward
- 4 Step right forward

**START AGAIN**

**TAGS:** At the end of second and fifteen wall (2<sup>a</sup> i 5<sup>a</sup>), added these 4 extras counts and started the dance again.

**[1-4]: Left JAZZ BOX, Cross.**

- 1 Cross left over right foot
- 2 Step right back
- 3 Step left to left side
- 4 Cross right over left

**ENDING:** During eight wall (8<sup>a</sup>), dance until count 18 (Right ROCK STEEP) and change the Shuffle ½ Turn (counts 19&20) for a Right COASTER STEP.

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