

# One Day

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Mary Pentangelo (USA) - July 2024  
音樂: One Day - Cole Swindell



#16 count intro – starts with right foot  
\*1 two-count tag - \*1 restart

**[1-8] RF Heel Dig Switch, LF heel Dig Switch, Double RF Heel Dig Hook, RF Cha-Cha, LF Cha-Cha**

1&2&3&4      RF heel dig forward, switch to LF heel dig forward, switch to double Rf heel dig ending with a RF hook  
5&6      RF step forward, LF step together next to RF, RF step forward  
7&8      LF step forward, RF step together next to LF, LF step forward

**[9-16] RF ¼ Turn Rock Recover LF, Weave, Double Cross Shuffle, Double Taps**

1-2      RF step forward, LF recover making a ¼ turn over left shoulder  
3&4      RF crosses in front and then in back of LF  
5&6      Step on LF, then RF crosses LF for double cross  
7&8      Step on RF, then LF tap 2x to the side

**[17-24] Rock, Half Turn, Half Turn, RF Knee Pop, LF Knee Pop, LF Coaster Step**

1-2      LF rock forward RF recover  
3-4      LF steps into a ½ turn over left shoulder, RF steps into ½ turn over left shoulder  
5-6      Step on LF for RF knee pop, step on RF for LF knee pop  
7&8      LF steps back, RF steps back next to LF, LF steps forward

**[25-32] Scoots, Lock Step, Scuff & Gallop**

1-2      RF steps forward, LF scoots forward while right knee hitches  
3-4      RF steps forward, LF scoots forward while right knee hitches  
5&6      Step RF forward, Step LF next to RF, Step RF forward  
7&8      Step on RF, LF scuff to a left knee hitch (gallop) step down on left foot with weight

**RESTART – Wall 3 after 20 counts (after the two ½ turns and then restart)**

**TAG - End of Wall 5**

1-2      RF walk forward, LF walk forward

Thank you for checking out my dance!

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Last Update: 27 Jul 2024