

One Day

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!

www.heartandsoullinedance.com

Last Update: 27 Jul 2024