One Sweet Day

拍數: 32	牆數: 4	級數: Intermediate

編舞者: Niels Poulsen (DK) - October 2008

音樂: One Sweet Day - Boyz II Men & Mariah Carey

Intro: 16 counts from first beat (app. 20 seconds into track). Start with weight on R

Note: This dance is written in memory of the late Claudia from Hong Kong. We will miss you!

Extra note: Please note that there's a beginner dance called 'Sweetie' to the same music

(1 – 8) ¼ Sweep, Jazz ½, Step ½ Turn, ¼ Turn, Behind Turn ½ With Sweep, Run Run

1	Turn ¼ L stepping fw on L and sweeping R foot around and in front of L [9:00]
2&3	Cross R over L, step back on L, turn ½ R stepping fw on R [3:00]
4&5	Step fw L, turn ½ R stepping fw onto R, turn ¼ R stepping L to L side [12:00]
6&7	Cross R behind L, turn ¼ L stepping fw on L, turn ¼ L on L sweeping R in front of L [6:00]
8&	Run diagonally fw on R towards 4:30, repeat with L [4:30]

(9 – 16) Cross Rock, Side R, Cross Rock, 3/8 L, Basic R, Sway, Sway

1	Cross rock R over L [4:30]
2&3	Recover weight back to L, step R to R side turning body ¼ R, cross rock L over R [7:30]
4&5	Recover weight back to R, turn 3/8 L stepping a small step fw on L, make big step R [3:00]
6&7	Close L behind R, cross R over L, step L to L side swaying upper body to L side [3:00]
8	Step onto R swaying upper body to R side [3:00]

(17 – 24) Side L, 2 Diagonal Back Walks, 3/8 Turn R, ¼ Side Rock, Cross, ¼ L, Side L, Cross, Side Rock Cross

1	Step L to L side [3:00]
2&3	walk diagonally back on R towards 10:30, repeat with L, turn 3/8 R stepping fw on R [9:00]
4&5	Turn ¼ R rocking L to L side, recover R, cross L over R [12:00]
6&7	Turn ¼ L stepping small step back on R, step L small step to L, cross R over L [9:00]
&8&	Rock L to L side, recover R, cross L over R [9:00]

(25 – 32) Basic R, Side L, Touch Behind, Full Unwind, Basic L, ¼ R, Jazz Box ¼ L

1	Step R a big step to R side [9:00]
2&3	Close L behind R, cross R over L, step L to L side [9:00]
4&5	Cross touch R behind L, unwind full turn R (weight R), big side step L [9:00]
6&7	Close R behind L, cross L over R, turn ¼ R stepping R fw and sweeping L around [12:00]
8&	Cross L over R, turn ¼ L stepping back on R (getting ready to start from the top turning another ¼ L) [9:00]

Begin Again!