One Day At A Time

拍數: 32	牆數: 4	級數: Improver / Intermediate

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音樂: One Day At a Time - Enrique Iglesias & Akon : (CD: Euphoria Deluxe Edition)

Intro: 32 counts (21 sec.)

R mambo fw, l mambo back, r side rock cross, ¼ turn r, side, cross

1&2	Rock fw on r, rock back on l, step back on r
3&4	Rock back on l, rock fw on r, step fw on l
5&6	Rock r to r side, recover on l, cross r over l
7&8	¼ turn r stepping back on l, step r to r side, cross l over r (3:00)

Rumba box, shuffle ½ turn r, l mambo fw

1&2	Step r to r side, step l next to r, step fw on r
3&4	Step l to l side, step r next to l, step back on l
5&6	Shuffle ½ turn right stepping r, l, r (9:00)
7&8	Rock fw on l, rock back on r, step back on l (weight on l - restart here on wall 2 and 4)

Sweep r back, sweep l back, r coaster step, r ¼ turn chasse ¼ turn l, ¼ turn l chasse

1-2	Sweep r back taking weight, sweep l back taking weight
3&4	Step back on r, step l next to r, step fw on r
5&6	¼ turn right stepping l to l side, step r next to l, ¼ turn left stepping l fw (9:00)
7&8	¼ turn left stepping r to r side, step l next to r, step r to r side (6:00)

L sailor step, cross behind, ¼ turn l, step r fw, l rock step, l coaster step

1&2	Cross l behind r, step r to r side, step l to l side
3&4	Cross r behind l, ¼ turn l stepping l fw, step r fw (3:00)
5-6	Rock l fw, recover on r
7&8	Step back on l, step r next to l, step l fw (weight on l)

Restarts:
1st. restart: During wall 2 dance the first 16 counts (12:00), then start again
2nd. restart: During wall 4 dance the first 16 counts (12:00), then start again

Ending:
After finishing wall 11 (9:00)

1&2	Rock fw on r, rock back on l, step back on r
3&4	Rock back on l, recover on r, ¼ turn r stepping l to left side (now facing front)