

# One Day

拍數: 32      牆數: 4      級數: Beginner - Non Country  
編舞者: Fabien REGOLI (FR) - March 2013  
音樂: One Day by Asaf Avidan



## [1-8] Rockstep, Costerstep, Rockstep, Sailor step ¼ turn

1-2      Step right forward (to support PD), back onto left  
3 & 4      Step right back, step left beside right, step right forward  
5-6      Step left forward (to support PG), Back support PD  
7 & 8      Step left back ¼ turn right, step right beside left, step forward

## [9-16] Step side, Cross back, Shuffle right, Rockstep cross, Shuffle left

1-2      Step right side right, cross left behind right  
3 & 4      Step right side (D G D)  
5-6      Step left across right (taking weight on left), back onto right  
7 & 8      Step left side left (GDG)

## [17-24] Walk, Walk, Shuffle forward, Step forward, ¼ turn, Shuffle forward

1-2      Walk forward right, Walk forward left  
3 & 4      Step forward (D G D)  
5-6      Step Left Forward, 1/4 turn to the right  
7 & 8      Shuffle forward (G D G)

## [25-32] Step ¼ turn, , Shuffle Cross, Rockside , Behind front side

1-2      Step right forward, 1/4 turn left  
3 & 4      cross to the left side (DGD)  
5-6      Step left side left (to build), recover onto right  
7 & 8      Derirere front side to the front side (GDG)

## START OVER AND KEEP SMILING

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