

# One Fine Day

**COPPERKNOB**  
STEPSHEETS

拍數: 40      牆數: 4      級數: Improver  
編舞者: Amanda Bowden (AUS) & Gordon Elliott (AUS) - April 2013  
音樂: Keep On Running - The Spencer Davis Group : (Album: Revolutions : The Best Of Steve Winwood - Remastered)



This dance is done in FOUR directions. Introduction: 40 Beats on vocals  
Original Position: Feet Together Weight On The Left Foot.

## FORWARD, FORWARD, FORWARD, KICK, BACK, TOUCH, FORWARD, KICK

1, 2      Step R Forward, Step L Forward,  
3, 4      Step R Forward, Kick L Forward,  
5, 6      Step L Back, Touch R Toe Back,  
7, 8      Step R Forward, Kick L Forward.

## SLOW COASTER, SCUFF, PIVOT TURN, FORWARD, HOLD

1, 2, 3      Slow Coaster : Step L Back, Step R Together, Step L Forward,  
4      Scuff R Forward,  
5, 6      Pivot : Step R Forward, Turn 180deg Left Take Weight Onto L,  
7, 8      Step R Forward, Hold.

## DOROTHY STEP, DOROTHY STEP, DOROTHY STEP, FORWARD, ROCK

1, 2 &      Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,  
3, 4 &      Step R Forward At 45deg Right, Lock L Behind Right, Step R Together,  
5, 6 &      Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,  
7, 8      Step R Forward, Rock Back Onto L.

## SAILOR STEP, SAILOR STEP, SAILOR STEP, FORWARD, SCUFF

1 & 2      Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,  
3 & 4      Sailor : Step L Behind Right, Step R To The Side, Step L To The Side,  
5 & 6      Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,  
7, 8      Step L Forward, Scuff R Forward. ##

## TOE STRUT, 1/4 TOE STRUT, HIP, HIP, HIP, HIP

1, 2      Strut : Step R Toe Forward, Drop R Heel To The Floor,  
3, 4      Strut : Turn 90deg Left Step L Toe Forward, Drop L Heel To The Floor,  
5, 6      Step R To The Side Push Hips To The Right, Push Hips To The Left,  
7, 8      Push Hips To The Right, Push Hips To The Left. \*\*

## [40] REPEAT THE DANCE IN NEW DIRECTION

**TAG : At the END ( \*\* ) of WALL 1 (3.00) add the following tag**

1, 2      Step R Forward At 45deg Right, Step L Forward At 45deg Left,  
3, 4      Step R Back To The Centre, Step L Together

**RESTART : On WALL 3 & WALL 6 dance to BEAT 32 ( ## ) & RESTART to the 6.00 & 12.00 respectively**