

Day one... One Day

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Choregraphie par : Ria Vos (NL)

Description : 32 temps, 4 murs, Novice, Août 2021

Musique : One Day – BEXAR : (Single)



Intro: 16 Counts

Step, Clap, Step, Clap, Mambo ½ Turn R, Shuffle ½ Turn R, ¼ R & Point & Point

- 1&2& Step Fwd on R, Clap, Step Fwd on L, Clap
- 3&4 Rock Fwd on R, Recover on L, ½ Turn R Step Fwd on R (6:00)
- 5&6 Shuffle ½ Turn R Stepping L-R-L (12:00)
- &7 ¼ Turn R Step R to R Side, Point L to L Side (3:00)
- &8 Step L Next to R, Point R to R Side

(&) Cross Rock-Side, Cross Rock-Side, Weave R, ¼ L Together

- &1-2 Step R Next to L, Cross Rock L Over R, Recover on R
- &3-4 Step L to L Side, Cross Rock R Over L, Recover on L
- &5& Step R to R Side, Cross L Over R, Step R to R Side
- 6&7 Step L Behind R, Step R to R Side, Cross L Over R
- &8 ¼ Turn L Step Back on R, Step L Next to R (12:00) ***Restart Point

Cross-Side Rock, Cross-Side Rock, Heel Switches, Boogie Walk

- 1&2 Step R Fwd and Across, Rock L to L Side, Recover on R
- 3&4& Step L Fwd and Across, Rock R to R Side, Recover on L

Note 1-4: Make sure you Travel Fwd on these Steps

- 5&6& Dig R Heel Fwd, Step R Next to L, Dig L Heel Fwd, Step L Next to R
- 7&8 Run' Fwd R-L-R (Boogie Walk)

L Mambo Fwd, R Coaster Cross, ¾ Turn L Circle Walk Around Stepping L-R Run L-R-L

- 1&2 Rock Fwd on L, Recover on R, Step Back on L
- 3&4 Step Back on R, Step L Next to R, Cross R Over L
- 5-6 Walk Fwd L-R Starting ¾ Turn L Circle Walk Around
- 7&8 Run' Fwd L-R-L Finishing ¾ L Circle Walk Around (3:00)

***8 Count Tag: After wall 1 (3:00)**

Rock Fwd, & Rock Fwd, Coaster Step, Kick-Ball-Change

- 1-2 Rock Fwd on R, Recover on L
- &3-4 Step R Next to L, Rock Fwd on L, Recover on R
- 5&6 Step Back on L, Step R Next to L, Step Fwd on L
- 7&8 Kick R Fwd, Step on Ball of R Next to L, Step L in Place

****16 Count Tag: After wall 2 (6:00), 4 (12:00), 6 (3:00) [dance the 16 count tag 2x.. see ending]**

Rock Fwd, & Rock Fwd, Coaster Step, Kick-Ball-Change

[1-8] Dance the 8 count Tag from Above...then Add:

$\frac{3}{4}$ Turn R Walk Around Stepping R-L Run R-L-R, $\frac{3}{4}$ Turn L Walk Around Stepping L-R Run L-R-L

1-2 Walk Fwd R-L Starting $\frac{3}{4}$ Turn R Circle Walk Around

3&4 Run' Fwd R-L-R Finishing $\frac{3}{4}$ R Circle Walk Around

5-6 Walk Fwd L-R Starting $\frac{3}{4}$ Turn L Circle Walk Around

7&8 Run' Fwd L-R-L Finishing $\frac{3}{4}$ L Circle Walk Around

Restart: On wall 5 After Count 16 (12:00)

Ending: After wall 6 you dance the 16 count Tag twice facing 3:00

To end.. on your left 'Walk Around' make a Full Turn L to end Facing Front .. Tada □

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