Count: 64
Wand: 4
Ebene: Advanced
Choreograf/in: Hiroko Carlsson (AUS) - September 2021
Musik: One Day - Matisyahu : (Spotify)
(Intro: 32 counts) $=$ No tags or restarts $=$

## [S1] Knees In-Out-Hitch-Recover RL

12 Both knee in, Replace to the centre slightly dip down
34 Stretch up hitching R knee/punch up L arm, Recover/step down on R
$56 \quad$ Both knee in, Replace to the centre slightly dip down
34 Stretch up hitching L knee/punch up R arm, Recover/step down on L
[S2] Behind-1/4L-Side Rock, Run (on the spot), Side Rock
12 Step R behind $L$, Make a $1 / 4$ turn left stepping forward on $L(9: 00)$
$34 \quad$ Rock $R$ to the side, Recover weight on $L$
5\&6 Run on the spot R-L-R
78 Rock $L$ to the side, Recover weight on $R$
[S3] Point Fwd LRL-Together, Fwd Rock-1/2R-Fwd
1\&2\& Point forward on L, Step L together, Point forward on R, Step R together
34 Point forward on L, Step L together
56 Rock forward on R, Recover weight on $L$
78 Make a $1 / 2$ turn right stepping forward on R, Step forward on $L$ (3:00)
[S4] Point Fwd RLR-Together, Fwd Rock-1/2L-1/4L
1\&2\& Point forward on R, Step R together, Point forward on L, Step L together
$34 \quad$ Point forward on R, Step $R$ together
$56 \quad$ Rock forward on $L$, Recover weight on $R$
$78 \quad$ Make a $1 / 2$ turn left stepping forward on $L$, Make a $1 / 4$ turn left stepping $R$ to the side (6:00)
[S5] Back Rock, 1/4R Shuffle Back-1/4R-1/4R, Back Rock
12 Rock back on L, Recover weight on R
3\&4 Making a $1 / 4$ turn right shuffle back on L-R-L (9:00)
$56 \quad$ Make a $1 / 4$ turn right stepping forward on $R$, Make a $1 / 4$ turn right stepping $L$ to the side (3:00)
78 Rock back on R, Recover weight on L
[S6] 1/4L Shuffle Back-1/4L-1/4L, Behind-Side Cross, 1/4L-Point
$1 \& 2 \quad$ Make a $1 / 4$ turn left shuffle back on R-L-R (12:00)
34 Make a $1 / 4$ turn left stepping forward on $L$, Make a $1 / 4$ turn left stepping $R$ to the side (6:00)
5\&6 Step L behind R, Step R to the side, Cross L over R
$78 \quad$ Make a $1 / 4$ turn left stepping back on $R$, Point $L$ to the side (3:00)
[S7] 1/4L-Point-In, Side w/ Drag, Behind-Side-Tap, Side w/Drag 1/4R
\&1 $2 \quad$ Make a $1 / 4$ turn left step close on $L$, Point $R$ to the side, Touch $R$ next to $L$ (12:00)
$34 \quad$ Step $R$ to the side dragging $L$ close to $R$ over 2 counts
$5 \& 6 \quad$ Step $L$ behind $R$, Step $R$ to the side, Tap $L$ next to $R$
$78 \quad$ Push/step $L$ to the side, Drag $R$ close to $L$ whilst making a $1 / 4$ turn right (weight on $L$ ) (3:00)
[S8] Coaster Step, Fwd w/ Pencil 1/2L, Coaster Step, Out-Out
Step back on R, Step L next to R, Step forward on R
34
Step forward on $L$ making a $1 / 2$ pencil turn on ball of $L$ foot over 2 counts (9:00)

Ending suggestion: The last wall starts facing at 6:00. Dance up to S8 count 6, then Step forward on $L$ (7), Make a $1 / 4$ turn left on ball of $L$ foot (8), Cross $R$ over $L$ (1).

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com) (updated: 1/Sept/21)

