Count: 80
Wall: 2
Level: Phrased Intermediate
Choreographer: Shirley Bryan (USA) - January 2016
Music: One Day - Matisyahu

Phrased: Sequence: AB, ACB, ABC / 16 count Intro
PART A (16 Counts, Repeat +32 counts)

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A1: BASIC NC2 STEP, STEP, PIVOT 1⁄2, CROSS, BASIC NC2 STEP, STEP, PIVOT 1⁄2, CROSS
1-2& * 
3-4& Step L to L Pivot R 1⁄2 (3), Step back on R (4), Cross L over R (&)
5-6& *\square Long step R to R (5), Rock L back (6), Cross R over L (&)
7-8& Step L to L Pivot R 1/2 (7), Step back on R (8), Cross L over R (&)
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*Styling: Bring arm around and over in the direction you are traveling (arch)
A2: STEP, SWEEP, STEP, CROSS, ROCK, $1 / 2$ PIVOT, WALK, WALK, ROCK RECOVER 2X
1-2\& Step Back on R (1), Sweep L behind R (2), Step R to R (\&)
3-4\& Cross L over R (3), Rock R forward diagonal (1:30) (4), Step L back Pivot R 1 12 (\&)
5-6
Step $R$ forward (5), Step $L$ forward (6) $(7: 30)$
7\&8\& Rock R forward (7), Recover L (\&), Rock R back (8), Recover L (\&) (slight turn to 6:00)
A3 + A4: REPEAT 16 COUNTS
PART B (32 Counts)
B1: BASIC NC 2 STEP TWICE, ROCKING CHAIR, WALK, WALK

| $1-2 \&$ | Long step $R$ to $R(1)$, Rock $L$ back (2), Slightly cross $R$ over $L(\&)$ |
| :--- | :--- |
| $3-4 \&$ | Long step $L$ to $L$ (3), Rock $R$ back (4), Slightly cross $L$ over $R(\&)$ |
| $5 \& 6 \&$ | Rock $R$ forward (5), Recover onto L (7), Rock R back (6), Recover onto L (\&) |
| $7-8$ | Step R forward (7), Step L forward (8) |

B2: REPEAT 8 COUNTS of B1
B3: SYNCOPATED BALL CHANGE TWICE, STEP, BEHIND, SIDE, CROSS, UNWIND
1-2\& Rock R forward (Point R hand to sky) (1), Recover onto L (2), Step R next to L (\&)
3-4\& Rock L forward (Point $L$ hand to sky) (3), Recover onto R (4), Step L next to r (\&)
5-6\& $\quad$ Step R to $R(5)$, Step $L$ behind $R(6)$, Step $R$ to $R(\&)$,
7-8\& Cross L over R (7), Unwind $1 ⁄ 2$ turn (8), Hold (\&)

## B4: REPEAT 8 COUNTS of B3

PART C ( 8 Counts, Repeat + 16 counts)
C1: BASIC NC 2 STEP TWICE, $1 / 4$ TURN, $1 / 4$ TURN, $1 / 4$ TURN, CROSS
1-2\& Long step R to R (1), Rock L back (2), Slightly cross R over L (\&)
3-4\& Long step L to L (3), Rock $R$ back (4), Slightly cross $L$ over $R(\&)$
5-6 Step R forward turning $1 / 4(3: 00)(5)$, Step $L$ back turning $1 / 4(6: 00)(6)$
7-8 Step R forward turning $1 / 4$ (9:00) (7), Cross L over R (8)

## C2: REPEAT 8 COUNTS

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