

# One Day

拍数: 32      墙数: 4      级数: High Beginner  
编舞者: Séverine Fillion (FR) - January 2020  
音乐: One Day - Perfect Friction



Intro : 16 counts

**[1-8] SHUFFLE FWD, BRUSH FWD - BRUSH BACK, SHUFFLE FWD, BRUSH FWD - BRUSH BACK**

1&2      Shuffle right left right fwd  
3-4      Brush left ball fwd, Brush left ball backward cross over right leg  
5&6      Shuffle left right left fwd  
7-8      Brush right ball fwd, Brush right ball backward cross over left leg

**[9-16] SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND, 1/4 TURN, FWD**

1-2      Rock step right to right side, recover on left  
3&4      Right cross behind left, left to left, right cross over left  
5-6      Rock step left to left side, recover on right  
7&8      Left cross behind right, 1/4 turn right stepping right fwd, left fwd 3:00

**[17-24] STOMP FWD, RIGHT TOE FAN, HEEL SWITCH, CLAP CLAP**

Option style for counts 1 to 7 : hands on waist

1-2      Stomp right fwd (right toe turn to left), swivel right toe to the right  
3&4      Swivel right toe to the left, to the right, to the left (keep weight on left)  
5&6      Touch right heel fwd, recover on right next to left, Touch left heel fwd  
&7      Recover on left next to right, Touch right heel fwd  
&8      Clap Clap

**[25-32] LARGE SIDE STEP, SLIDE (with arms), CROSS, UNWIND 1/2 TURN (X 2)**

1-2      Large side step to the right, Slide left next to right

Option style for counts 1-2 & 5-6 : Bring both arms up to shoulder level, left arm extended to left, right arm bent across body and turn your head to the left.

3-4      Left cross over right, unwind 1/2 turn right (ending weight on left) 9:00  
5-6      Large side step to the right, Slide left next to right  
7-8      Left cross over right, unwind 1/2 turn right (ending weight on left) 3:00

**PONT : 32 counts (At the end of wall 7 at 9 :00) then start again the dance at 3:00**

1-8      Large right step to right side, Slide left (1-4), Large left step to left side, Slide right (5-8)  
9-16      Large right step, Slide left (1-4), 1/4 turn right & Large left step, Slide right (5-8) 12:00  
17-24      Large right step, Slide left (1-4), 1/4 turn right & Large left step, Slide right (5-8) 3:00  
25-32      Large right step, Slide left (1-4), Large left step, Slide right (5-8)

**HAVE FUN & ENJOY !!**