

# One Day

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Hiroko Carlsson (AUS) - May 2021  
音乐: One Day - BEXAR : (Spotify)



(16 counts intro)

## [S1] 2x Step-Scuff, Fwd Rock-1/4R-Together, Heel Swivels 1/4L Turn, L Coaster Step

1&2&      Step forward on R, Scuff L forward, Step forward on L, Scuff R forward  
3&4&      Rock forward on R, Recover weight on L, Make a ¼ turn right stepping forward on R, Step L together (3:00)  
5&6      Swivel both heels to the right, Heels to the left, Swivel both heels to the right whilst making a ¼ turn left (12:00)  
7&8      Step back on L, Step R next to L, Step forward on L\*

## [S2] Fwd, 1/4R Back-Back-L Coaster Step, 1/4L, 1/2L, Step-Pivot 1/4L

1 2&      Step forward on R, Make a ¼ turn right stepping back on L, Step back on R (3:00)  
3&4      Step back on L, Step R next to L, Step forward on L  
5 6      Make a ¼ turn left stepping back on R, Make a ½ turn left stepping forward on L (6:00)  
7 8      Step forward on R, Make a ¼ turn left recover weight on L\*\* (3:00)

## [S3] Hitch-Together-Point-Hitch, Shuffle Fwd, Box 1/4R-Fwd

1&2&      Hitch R knee, Step R together, Point L to the left, Hitch L knee  
3&4      Shuffle forward on L-R-L  
5 6      Cross R over L, Make a ¼ turn right stepping back on L (6:00)  
7 8      Step R to the side, Step forward on L

## [S4] Turning Voltas R-L, 1/4R, Step-Pivot 1/4R

1&2      Step forward on R, Make a ¼ turn right stepping L close to R, Cross R over L (9:00)  
3&4      Make a ¼ turn left stepping forward on L, Make a ¼ turn left stepping R close to L, Cross L over R (3:00)  
5 6      Make a ¼ turn right stepping forward on R, Step forward on L (6:00)  
7 8      Make a ¼ turn right recover weight on R, Step L together (9:00)

Restart: On Wall 2 count 8 \* (9:00) and Wall 4 count 16\*\* (9:00)

Ending suggestion: The last wall finishes at 6:00.

Make a further ½ turn right stepping L to the side, Drag R close to L (12:00).

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)  
(updated: 19/May/21)