

One Day at A Time

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Indahwati Rahardja (INA) & Rex Chuan (USA) - November 2022
音樂: One Day at A Time - Gutrin Sehadun



Tag: 6 instances of 1 type (tag or bridge)

Restarts: 0

Start: after 16 counts of intro, with vocal

S1: Rock, Recover, Cross, Side, Tap, Cross, Together, Rock, Recover, Together, Back Rock, Recover, Twinkle Turn

12&a Rock LF forwards(1), recover(2), R quarter turn and step LF behind RF(&), step RF R(a)
34a5 R $\frac{1}{8}$ turn and tap LF diagonally(3), cross LF(4), step RF together(a), L $\frac{3}{8}$ turn and rock LF L(5)
6a7 Recover(6), R quarter turn and step LF together(a), R quarter turn and rock RF backwards(7)
8&a Recover(8), L quarter turn and step RF R(&), L quarter turn and step LF L(a) (12:00)

S2: Cross & Sweep, Twinkle, Cross & Sweep, Twinkle, Forward, Pivot Turn, Together, Rock Back, Recover Hitch

12&a Cross RF(1) and sweep LF forwards, cross LF(2), step RF R(&), step LF L(a)
34&a Cross RF(3) and sweep LF forwards, cross LF(4), step RF R(&), step LF L(a)
56a78 Step RF forwards(5), L half turn and step forwards(6), L quarter turn and step RF R(a), L quarter turn and rock LF backwards(7), recover and hitch LF and R quarter turn(8) (3:00)

S3: Rock, Recover, Together, Backwards, Back Cross, Coaster Step, Forwards, Cross, Cross, Cross, Side, Back

12a3 Rock LF forwards(1), recover(2), step LF together(a), cross RF behind(3) and sweep LF backwards
4&a5 Cross LF behind(4) step RF R(&), step LF forwards(a), step RF forwards(5) and swivel quarter R
678&a Cross LF(6), Cross RF(7), Cross LF(8), step RF R(&), cross LF behind(a) (6:00)

S4: Side, Paddle Turn, Paddle Turn, Vaudeville X2, Cross, Together

12a3a Step RF R(1), R quarter turn and rock LF L(2), recover(a), R quarter turn and rock LF L(3), recover(a)
4a5a Cross LF(4), step RF R(a), heel LF diagonally(5), step LF in place(a)
6a7a8a Cross RF(6), step LF L(a), heel RF diagonally(7), step RF in place(a), cross LF(8), R quarter turn and step RF together(a) and R quarter turn for next step (6:00)

Tag (bridge): In some instances which are easily discerned by music, a two-step bridge/tag by LF forward(1) and swaying back(2) needs to be inserted at the end of section 2 or 4. Such instances are: Wall 2 after S2/4, wall 4 after S4, wall 5 after S2/4, and wall 6 after S2.

Enjoy the dance!

Last Update – 18 Nov. 2022