

# One Day In Your Life

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Francien Sittrop (NL) - October 2013  
音樂: One Day - Caro Emerald : (Album: The Shocking Miss Emerald)



**Intro: Start after 32 counts on Vocals**

**[1 – 8] Toestruts R & L (You may also use hips), Rocking Chair**

1 – 2      Step R Toe fwd , Step R Heel down and click fingers  
3 – 4      Step L Toe fwd , Step L Heel down and click fingers  
5 – 8      Rock R fwd, Recover on L, Rock R back, Recover on L

**[9 – 16] Toestruts R & L(You may also use hips),, Rock fwd Recover, Step Back, Touch fwd**

1 – 2      Step R Toe fwd , Step R Heel down and click fingers  
3 – 4      Step L Toe fwd , Step L Heel down and click fingers  
5 – 6      Rock R fwd, Recover on L  
7 – 8      Step R back, Touch L fwd and Click your fingers over your R shoulder

**[17-24] Step , Scuff, Jazz Box , Side, Behind**

1 – 2      Step L fwd, Scuff R fwd  
3 – 4      Step R across L, Step L back  
5 – 6      Step R to R side, Step across L  
7 – 8      Step R to R side, Step L behind R

**[25-32] Side Shuffle, Rock Recover, Side, Behind, ¼ Shuffle fwd**

1 & 2      Step R to R side, Step L next to R, Step R to R side  
3 – 4      Rock L back, Recover on R  
5 – 6      Step L to L side, Step R behind L  
7 & 8      ¼ Turn L step L fwd , Step R next to L, Step L fwd (09.00)

**\*\*R\*\***

**[33-40] Step fwd Recover, Pivot ¼ L x2 , Step fwd Touch Behind, Step Back, Heel fwd, Hold**

1 – 2      Step R fwd, Recover on L with ¼ Turn L and use Hips  
3 – 4      Step R fwd, Recover on L with ¼ Turn L and use Hips (03.00)  
5 - 6      Step R fwd, Touch L behind R  
&7-8      Step L back, Touch R heel fwd, Hold

**[41-48] Side Mambo's x2, Touch , Hold**

1 – 4      Rock R to R side, Recover on L, Step R fwd , Rock L to L side  
5 – 8      Recover on R, Step L fwd ,Touch R next to L, Hold

**[49-56] Step fwd, Point Side x2, Jazzbox ½ Turn R**

1 – 2      Step R fwd, Point L to L side  
3 – 4      Step L fwd, Point R to R side  
5 – 8      Step R across L, ¼ Turn R step L back, ¼ Turn R step R fwd, Step L fwd (09.00)

**[57-64] Hiprolls, Step fwd , Hold x2**

1 – 4      Touch R fwd and roll your hips clockwise (1-2), Bump hips Right (3), Hold (4)  
5 – 8      Touch L fwd and roll your hips counterclockwise (5 - 6) , Bump hip L (7) , Hold (8)

**Restarts : During wall 2(06.00) ,Wall 5 (09.00), Wall 7(03.00) after count 32 start again with count 1**

**Tag 1 (8 counts): (facing 3 o'clock wall)**

**After wall 3 : Do the last 8 counts (hiprolls, Hold) and start again with count 1**

**Tag 2 (32counts - 16x2) : (Facing 6 o'clock wall)**

**After wall 6 :**

**[1 – 8] Rumba Box , Hold x2**

1 – 4                    Step R to R side, Step L next to R, Step R fwd, Hold

5 – 6                    Step L to L side, Step R next to L, Step L back, Hold

**[9-16] Coaster Cross, Hold , ½ Turn R , Cross , Hold**

1 – 4                    Step R back, Step L next to R, Step R across L, Hold

5 – 8                    ¼ Turn R step L back, ¼ Turn R step R to R side, Step L across R, Hold

**Repeat these 16 counts and start again with count 1**

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