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One Day

32 count, 2 wall, Beginner/Intermediate level
Choreographer : Pim Humphrey (UK) 1999
Choreographed to : Beating My Head Against
The Wall by Danni Leigh (118/236 bpm), 29
nights; Hurricane by Carlene Carter (116 BPM)
You're Gonna Love Me One Day by Heather
Myles (92 / 184 BPM)
e-mail : bannersandboots@supanet.com

WALK, WALK, FULL TURN, WALK, WALK, KICK BALL CHANGE.

1-4 Walk forward Right, Left, Step forward on Right turning 1/2 turn left, Step
back on Left turning 1/2 turn Left
5-6 Walk forward Right, Left,
7&8 Right kick ball change

ROCK STEP, CROSS HOLD, CROSS, CROSS, SIDE ROCK

9,10 Step forward Right, Rock back onto left,
&11,12 Small step back on Right, Cross Left in front of Right, Hold
&13 Step side right, Cross Left in front,
&14, Step side right, Cross Left in front,
15,16 Step side right, Rock onto Left

CROSS SHUFFLE, TURN SHUFFLE, ROCK STEP 3/4 TURN

17&18 Cross Right over Left, Step side left, Cross Right over Left
19&20 Turn 1/4 Turn left on Left foot, Bring Right foot up to Left, Step forward Left
21,22 Step forward on Right, Rock back onto Left,
23&24 Turn 3/4 of a turn to right on a Right, Left, Right

ROCK STEP COASTER STEP, TOUCH, HOLD, TOUCH, TOUCH

25,26, Step forward on Left, Rock back onto Right,
27&28 Step back on Left, Step Right next to Left, Step forward on Left
29,30 Touch Right toe to right side, Hold,
&31 Step Right by Left, touch Left toe to left side,
&32 Step Left by Right, Touch Right toe by Left