

Website: www.linedancerweb.com

Email: admin@linedancerweb.com

(29332)

**One Day At A Time** 

**IMPROVER** 

32 Count 4 Walls
Choreographed by: Gitte Stehr

Choreographed to: One Day At A Time by Enrique Iglesias

1 R mambo fw, I mambo back, r side rock cross, 1/4 turn r, side, cross 1 & 2 Rock fw on r, rock back on I, step back on r Rock back on I, rock fw on r, step fw on I 3 & 4 Rock r to r side, recover on I, cross r over I (weight on r) 5 & 6 7 & 8 1/4 turn r stepping back on I, step r to r side, cross I over r (weight on I - 3:00) 2 Rumba box, shuffle 1/2 turn r, I mambo fw Step r to r side, step I next to r, step fw on r 1 & 2 3 & 4 Step I to I side, step r next to I, step back on I Shuffle 1/2 turn r stepping r, I, r (9:00) 5 & 6 7 & 8 Rock fw on I, rock back on r, step back on I (weight on I - restart here on wall 2 and 4) 3 Sweep r back, sweet I back, r coaster step, r 1/4 turn chasse 1/4 turn I, 1/4 turn I chasse 1 - 2 Sweep r back (taking weight), sweep I back (taking weight) Step back on r, step I next to r, step fw on r 3 & 4 5 & 6 1/4 r stepping I to I side, step r next to I, 1/4 I stepping I fw (9:00) 1/4 turn I stepping r to r side, step I next to r, step r to r side (6:00) 7 & 8 L sailor step, cross behind, 1/4 turn I, step r fw, I rock step, I coaster step 4 1 & 2 Cross I behind r, step r to r side, step I to I side Cross r behind I, 1/4 turn I stepping I fw, step r fw (3:00) 3 & 4 5 - 6 Rock I fw, recover on r 7 & 8 Step back on I, step r next to I, step I fw (weight on I) Repeat Restart 1. restart During wall 2 (begins at 3:00) dance the first 16 counts, then start again (12:00) During wall 4 (begins at 3:00) dance the first 16 counts, then start again (12:00) 2. restart After finishing wall 11 (9:00) **Ending** 1 & 2 Rock fw on r, rock back on I, step back on r 3 & 4 Rock back on I, recover on r, 1/4 turn r stepping I to I side (now facing front)