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One Day In Your Life

60 count, 4 wall, Intermediate level
Choreographer : Shelley Lindsay (UK) Dec 2001
Choreographed to : One Day In Your Life by
Anastacia - Freak Of Nature Album

Start the dance on the word "Life", the beat will start at the same time
On the 4th wall only dance up to count 40, then restart the dance and continue as normal.

Walk forward right, left, together, flick left, turning cross shuffle, rock back forward

- 1 2 Step forward on right, step forward on left
3 4 Step right in place, "flick" left foot out to left side
5 & 6 Step left forward as you $\frac{1}{4}$ turn right, step right in place as you $\frac{1}{4}$ right, step left out to left side
7 8 Rock back on right, rock forward on left

Heel switches forward right, left, touch right in place, kick right, cross unwind, rock right, left

- 9 & Dig right heel forward and slightly diagonal (2.00), step right in place
10 & Dig left heel forward and slightly diagonal (10.00), step left in place
11 12 Touch right toes in place, kick right out to right diagonal (2.00)
13 14 Cross right over left, unwind $\frac{1}{2}$ turn left keeping weight on left
15 16 Rock right on right, rock left on left

$\frac{1}{4}$ turning weave left, rock forward, back, hitch turn, walk forward, left right left

- 17 & 18 Step right behind left, $\frac{1}{4}$ left as you step forward on left, step forward on right
19 20 Rock forward on left, rock back on right
21 22 Hitch left leg as you $\frac{1}{2}$ turn left, step forward on left
23 24 Step forward right, step forward left

Rock forward, back, coaster step, rock forward $\frac{1}{4}$ turn cross shuffle

- 25 26 Rock forward on right, rock back on left
27 & 28 Step back on right, step left in place, step forward on right
29 30 Step forward on left, pivot $\frac{1}{4}$ turn right stepping on right
31 & 32 Cross left over right, step right to right side, cross left over right

Weave right, rock right, left, $\frac{1}{4}$ turning weave left

- 33 34 Step right to right side, step left behind right
& 35 36 Step right out to right side, step left over right, rock out to right on right
37 38 Rock left on left, step right behind left
& 39 40 Step forward on left as you $\frac{1}{4}$ turn left, step forward on right, step forward on left

Ball change, kick, step flick, step forward pivot $\frac{1}{2}$ turn, left shuffle

- & 41 42 Step back on ball of right foot, step left in place, kick right forward
43 44 Step forward on right, flick left foot behind
45 46 Step forward on left, pivot $\frac{1}{2}$ turn right
47 & 48 Step forward on left, step right in place, step forward on left

Ball change, kick, step flick, step forward pivot $\frac{1}{2}$ turn, $\frac{3}{4}$ turn

- & 49 50 Step back on ball of right foot, step left in place, kick right forward
51 & 52 Step forward on right, flick left foot behind
53 54 Step forward on left, pivot $\frac{1}{2}$ turn right
55 56 Step back on left as you $\frac{1}{2}$ turn right, step right to right side as you $\frac{1}{4}$ turn right

Side, together, side, $\frac{1}{4}$ turn touch

- 57 58 Step left to left side, bring right to left instep
59 60 Step left to left side, $\frac{1}{4}$ turn right and touch right to right instep

Optional styling: on counts 57 and 58 body roll as you step
On count 60 flick hands behind and look back