

One Sweet Day

32 Count, 4 Wall, Intermediate, Night Club 2 Step
Choreographer: Niels B. Poulsen (Denmark) Nov 2008
Choreographed to: One Sweet Day by Boyz 2 Men
and Mariah Carey (66 bpm)

Intro: 16 counts from first beat (app. 20 seconds into track). Start with weight on R

- 1 – 8 ¼ sweep, jazz ½, step ½ turn, ¼ turn, behind turn ½ with sweep, run run**
- 1 Turn ¼ L stepping fw on L and sweeping R foot around and in front of L 9:00
- 2&3 Cross R over L, step back on L, turn ½ R stepping fw on R 3:00
- 4&5 Step fw L, turn ½ R stepping fw onto R, turn ¼ R stepping L to L side 12:00
- 6&7 Cross R behind L, turn ¼ L stepping fw on L, turn ¼ L on L sweeping R in front of L 6:00
- 8& Run diagonally fw on R towards 4:30, repeat with L 4:30
- 9 – 16 Cross rock, side R, cross rock, 3/8 L, basic R, sway, sway**
- 1 Cross rock R over L 4:30
- 2&3 Recover weight back to L, step R to R side turning body ¼ R, cross rock L over R 7:30
- 4&5 Recover weight back to R, turn 3/8 L stepping a small step fw on L, make big step R 3:00
- 6&7 Close L behind R, cross R over L, step L to L side swaying upper body to L side 3:00
- 8 Step onto R swaying upper body to R side 3:00
- 17 – 24 Side L, 2 diagonal back walks, 3/8 turn R, ¼ side rock, cross, ¼ L, side L, cross, side rock cross**
- 1 Step L to L side 3:00
- 2&3 Walk diagonally back on R towards 10:30, repeat with L, turn 3/8 R stepping fw on R 9:00
- 4&5 Turn ¼ R rocking L to L side, recover R, cross L over R 12:00
- 6&7 Turn ¼ L stepping small step back on R, step L small step to L, cross R over L 9:00
- 8&8 Rock L to L side, recover R, cross L over R 9:00
- 25 – 32 Basic R, side L, touch behind, full unwind, basic L, ¼ R, jazz box ¼ L**
- 1 Step R a big step to R side 9:00
- 2&3 Close L behind R, cross R over L, step L to L side 9:00
- 4&5 Cross touch R behind L, unwind full turn R (weight R), big side step L 9:00
- 6&7 Close R behind L, cross L over R, turn ¼ R stepping R fw and sweeping L around 12:00
- 8& Cross L over R, turn ¼ L stepping back on R 9:00
(getting ready to start from the top turning another ¼ L)

Note: This dance is written in memory of the late Claudia from Hong Kong. We will miss you!
Extra note: Please note that there's a beginner dance called 'Sweetie' to the same music