

## One Day

32 Count, 4 Wall, Beginner

Choreographer: Valentine Duret (FR) May 2014

Choreographed to: One Day by Kodaline

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Start : Right foot – 64 counts

**1 Step fd – Rock step – Shuffle ½ turn – Cross - Back – Side Shuffle**

- 1 - 3 Step forward on R – Rock forward on L – Recover on R  
4 &5 Step L with ¼ turn L – Step R together – Step L with ¼ turn L  
6 - 7 Cross R over L – Step Back on L  
8 &1 Step R to R – Step L together – Step R to R

**2 Cross Rock – Side Shuffle ¼ turn - Sweep – Modified Jazz Box Cross**

- 2 - 3 Cross Rock L over R – Recover on R  
4 &5 Step L to L – Step R together – Steps L to L with ¼ turn L  
6 - 7 Sweep R back to front – Cross step R over L  
8 &1 Step back on L – Step R to R – Cross L over R

**3 Hips Sway x2 – Side Shuffle – Cross Rock – Side Shuffle**

- 2 - 3 Step R to R + Hips sway R/L  
4 &5 Step R to R – Step L together – Step R to R  
6 - 7 Cross Rock L over R – Recover on R  
5 - 8 Step L to L – Step R together – Step L to L

**4 Cross unwind – Shuffle forward – Rock Step – Step**

- 2 - 3 Cross R over L – Unwind ½ turn L  
4 &5 Step forward on R – Step L together – Step forward on R  
6 - 7 Rock forward on L – Recover on R  
Style: As you rock forward, roll the hips forward and back  
8 Step forward on L

End of dance, hope you enjoy it !!!