

# **One Day**

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall Beginner Level Dance. Choreographed by: Sverine Fillion (FR) Feb 2020 Choreographed to: One Day by Perfect Friction Intro: 16 Counts. Start on vocal at approx 8 secs.

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### SEC 1 SHUFFLE FWD, BRUSH FWD-BRUSH BACK, SHUFFLE FWD, BRUSH FWD-BRUSH BACK

- 1&2 Shuffle right left right fwd
- 3-4 Brush left ball fwd, Brush left ball backward cross over right leg
- 5&6 Shuffle left right left fwd
- 7-8 Brush right ball fwd, Brush right ball backward cross over left leg

#### SEC 2 SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND, ¼ TURN, FWD

- 1-2 Rock step right to right side, recover on left
- 3&4 Right cross behind left, left to left, right cross over left
- 5-6 Rock step left to left side, recover on right
- 7&8 Left cross behind right, <sup>1</sup>/<sub>4</sub> turn right stepping right fwd, left fwd (3:00)

#### SEC 3 STOMP FWD, RIGHT TOE FAN, HEEL SWITCH, CLAP CLAP

- **Option** For counts 1 to 7 hands on waist
- 1-2 Stomp right fwd (right toe turn to left), swivel right toe to the right
- 3&4 Swivel right toe to the left, to the right, to the left (keep weight on left)
- 5&6 Touch right heel fwd, recover on right next to left, Touch left heel fwd
- &7 Recover on left next to right, Touch right heel fwd
- &8 Clap Clap

#### SEC 4 LARGE SIDE STEP, SLIDE (WITH ARMS), CROSS, UNWIND <sup>1</sup>/<sub>2</sub> TURN (X 2)

- 1-2 Large side step to the right, Slide left next to right
- **Option** For counts 1-2&5-6:
  - Bring both arms up to shoulder level, left arm extended to left, right arm bent across body and turn your head to the left
- 3-4 Left cross over right, unwind  $\frac{1}{2}$  turn right (ending weight on left) (9:00)
- 5-6 Large side step to the right, Slide left next to right
- 7-8 Left cross over right, unwind ½ turn right (ending weight on left) (3:00)
- Tag 32 counts (At the end of wall 7 at 9:00) then start again the dance at 3:00
- 1-8 Large right step to right side, slide left (1-4), large left step to left side, slide right (5-8)
- 9-16 Large right step, slide left (1-4), <sup>1</sup>/<sub>4</sub> turn right & large left step, slide right (5-8) 12:00
- 17-24 Large right step, slide left (1-4), 1/4 turn right & large left step, slide right (5-8) 3:00
- 25-32 Large right step, slide left (1-4), large left step, slide right (5-8)



Linedance Foundation, Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA. Email: scripts@linedancerweb.com www.linedancefoundation.com www.linedancer-radio.com kingshilldanceholidays.com crystalbootawards.com