

Day One... One Day

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SEC 1

32 Count 4 Wall Improver Level Dance. Choreographed by: Ria Vos (NL) Aug 2021 Choreographed to: One Day by BEXAR Intro: 16 Counts. Start at approx 10 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

STEP, CLAP, STEP, CLAP, MAMBO 1/2 TURN R, SHUFFLE 1/2 TURN R, 1/4 R & POINT & POINT

1&2& 3&4 5&6 &7 &8	STEP, CLAP, STEP, CLAP, MAMBO ½ TURN R, SHUFFLE ½ TURN R, ¼ R & POINT & POINT Step Fwd on R, Clap, Step Fwd on L, Clap Rock Fwd on R, Recover on L, ½ Turn R Step Fwd on R (6:00) Shuffle ½ Turn R Stepping L-R-L (12:00) ¼ Turn R Step R to R Side, Point L to L Side (3:00) Step L Next to R, Point R to R Side
SEC 2 &1-2 &3-4 &5& 6&7 &8	& CROSS ROCK-SIDE, CROSS ROCK-SIDE, WEAVE R, ¼ L TOGETHER Step R Next to L, Cross Rock L Over R, Recover on R Step L to L Side, Cross Rock R Over L, Recover on L Step R to R Side, Cross L Over R, Step R to R Side Step L Behind R, Step R to R Side, Cross L Over R ¼ Turn L Step Back on R, Step L Next to R (12:00)
Restart	Here on Wall 5
SEC 3 1&2 3&4& Note 5&6& 7&8	CROSS-SIDE ROCK, CROSS-SIDE ROCK, HEEL SWITCHES, BOOGIE WALK Step R Fwd and Across, Rock L to L Side, Recover on R Step L Fwd and Across, Rock R to R Side, Recover on L 1-4 Make sure you Travel Fwd on these Steps Dig R Heel Fwd, Step R Next to L, Dig L Heel Fwd, Step L Next to R 'Run' Fwd R-L-R (Boogie Walk)
SEC 4	L MAMBO FWD, R COASTER CROSS, ¾ TURN L CIRCLE WALK AROUND STEPPING L-R RUN L-R-L
1&2 3&4 5-6 7&8	Rock Fwd on L, Recover on R, Step Back on L Step Back on R, Step L Next to R, Cross R Over L Walk Fwd L-R Starting ¾ Turn L Circle Walk Around 'Run' Fwd L-R-L Finishing ¾ L Circle Walk Around (3:00)
3&4 5-6	Rock Fwd on L, Recover on R, Step Back on L Step Back on R, Step L Next to R, Cross R Over L Walk Fwd L-R Starting ¾ Turn L Circle Walk Around
3&4 5-6 7&8 Tag 1 1-2 &3-4 5&6	Rock Fwd on L, Recover on R, Step Back on L Step Back on R, Step L Next to R, Cross R Over L Walk Fwd L-R Starting ¾ Turn L Circle Walk Around 'Run' Fwd L-R-L Finishing ¾ L Circle Walk Around (3:00) After wall 1 (3:00) ROCK FWD, & ROCK FWD, COASTER STEP, KICK-BALL-CHANGE Rock Fwd on R, Recover on L Step R Next to L, Rock Fwd on L, Recover on R Step Back on L, Step R Next to L, Step Fwd on L

After wall 6 you dance the 16 count Tag twice facing 3:00 To end, make a Full Turn L to end Facing Front



Ending