

## 1 Sweet Day

32 count, 4 wall, intermediate level

Choreographer: Stephen Rutter (UK) March 2005  
Choreographed to: One Sweet Day by Boys II Men & Mariah Carey, Legacy - The Greatest Hits Collection album (64 bpm)

---

16 Count Intro' - Starting On Vocals

### Section 1-Kick-Ball Cross, Weave, Rock & Cross, $\frac{3}{4}$ Turn Right, Toe Touch.

- 1&2 Kick right forward, close right beside left, cross left over right.  
&3 Step right-to-right side, cross left behind right.  
&4 Step right-to-right side, cross left over right.  
5&6 Rock right-to-right side, recover weight onto left, cross right over left.  
7&8 Make a quarter turn right stepping back on left, make a half turn right stepping forward on right, touch left toe to left side.

### Section 2-Toe Touch, Side Step, Toe Touch, Side Step, Cross, Unwind $\frac{1}{2}$ Turn Right, Toe Touch, Back Rock, Side Step, Cross Behind, Unwind $\frac{3}{4}$ Turn Left, Toe Touch.

- 9&10 Touch left toe forward and slightly across right, step left to left side, touch right beside left.  
&11 Step right-to-right side, cross left over right.  
&12 Unwind a half turn right (weight ending on left), touch right toe beside left.  
13&14 Rock back on right, recover weight forward onto left, step right-to-right side.  
15&16 Cross left behind right, unwind a three-quarter turn left (weight ending on left), touch right toe to right side.

### Section 3-Sycapated Jazz Box, Triple Full Turn Left, Back Rock, $\frac{1}{4}$ Turn Left, Triple Full Turn Left

- 17&18 Cross right over left, step back on left, step right to right side.  
&19 Cross left over right, make a quarter turn left stepping back on right.  
&20 Make a half turn left stepping forward on left, make a  $\frac{1}{4}$  turn left stepping right to right side.  
NOTE: For those that don't like too many turns steps 19&20 can be replaced with a Right Vine.  
21&22 Rock back on left, recover weight forward on to right, make a quarter turn left stepping forward on left.  
23&24 Make a half turn left stepping back on right, make a half turn left stepping forward on left, step forward on right.  
NOTE: Steps 23&24 can be replaced with a Right Lock Step forward if the turns get too much & make you dizzy.

### Section 4-Back Lock Step, Triple Full Turn Right, Rock & Cross, Hip Sways.

- 25&26 Step back on left, lock right in front of left, step back on left.  
27&28 Make a full turn right on the spot stepping on right, left, right.  
NOTE: Steps 27&28 can be replaced with a Right Coaster Step if you have had enough of turns by this point!!  
29&30 Rock left-to-left side, recover weight onto right, cross left over right.  
31-32 Step right-to-right side swaying hips right, sway hips left.
-