



## **One Day**

Count: 34 - Wall: 4 - Level: Intermediate

Choreographer: Wil Bos (NL) & Regina Cheung (CAN) - March 2021

Music: Just One Day - Élage Diouf & Johnny Ried

### **Intro: 8 counts**

#### **Sec 1: Nightclub Basic, 1/4 R Turn Fwd Step, Step 1/2 L Turn Step, Full L Turn Step (Triple Turn), Mambo Step, Sweep**

- 1-2&** Step left to left, step right beside left, cross left over right
- 3** Turn 1/4 right step right forward (3:00)
- 4&5** Step left forward, pivot 1/2 right transferring weight onto right, step left forward (9:00)
- 6&7** Turn 1/2 left step right back, turn 1/2 left step left forward, step right forward (9:00)
- 8&1** Rock left forward, recover weight onto right, step left back sweeping right from front to back

#### **Sec 2: Behind, Side, Cross Rock Side, Cross, 3/4 R Run Around, 1/8 R Mambo Drag**

- 2&** Cross right behind left, step left to left
- 3-4&** Cross rock right over left, recover weight onto left, step right to right
- 5** Cross left over right
- 6&7** Turn 1/4 right step right forward, turn 1/4 right step left forward, turn 1/4 right step right forward (6:00)
- 8&1** Turn 1/8 right rock left forward, recover weight onto right, step left back dragging right towards left (7:30)

#### **Sec 3: Run Back, Mambo Back, Full Turn L Step, Mambo Sweep**

- 2&3** Step right back, step left back, step right back
- 4&** Rock left back, recover weight onto right
- Restart: Here**
- on Wall 4 – Start (9:00) – 20& Counts - Turn 1/8 left - to restart facing 3:00**
- Wall 6 – Start (6:00) – 20& Counts - Turn 1/8 left - to restart facing 12:00**
- 5** Step left forward
- 6&7** Turn 1/2 left step right back, turn 1/2 left step left forward, step right forward (7:30)
- 8&1** Rock left forward, recover weight onto right, step left back sweeping right from front to back

**Sec 4: 1/2 R Sailor Turn, Press Rock, Recover, Kick,  
Behind Side 1/8 R Turn, Cross, Side Rock, Cross, Sway Sway**

**2&3** Turn 1/4 right cross right behind left, turn 1/4 right step left slightly to left,  
step right forward **(1:30)**

**4-5** Press rock left forward, recover weight onto right - kicking left forward

**6&7** Cross left behind right, turn 1/8 right step right to right, **(3:00)**  
cross left over right

**&8&** Rock right to right, recover weight onto left, cross right over left

**9-10** Step left to left swaying left, sway right

**Start Again**

**Last Update - 6 April 2021**

Quelle: <https://www.copperknob.co.uk>

22.09.2021