

One Day



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Choreographer: Wil Bos & Regina Cheung

Count: 34

Wall: 4

Level: Intermediate

Intro: 8 counts

Music: "Just One Day" by Elage Diouf & Johnny Ried

Sec 1: Nightclub Basic, $\frac{1}{4}$ Step, Step $\frac{1}{2}$ Pivot Step, Full Turn Step, Mambo Sweep

1-2& Step left to left, step right beside left, cross left over right
3 Turn $\frac{1}{4}$ right step right forward (3:00)
4&5 Step left forward, pivot $\frac{1}{2}$ right transferring weight onto right, step left forward (9:00)
6&7 Turn $\frac{1}{2}$ left step right back, turn $\frac{1}{2}$ 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, Recover, Side Cross, $\frac{3}{4}$ Run Around, $\frac{1}{8}$ 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 $\frac{1}{4}$ right step right forward, turn $\frac{1}{4}$ right step left forward, turn $\frac{1}{4}$ right step right forward (6:00)
8&1 Turn $\frac{1}{8}$ 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 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 Walls 4 & 6, Turn $\frac{1}{8}$ left to restart facing 3:00 on Wall 4 & facing 12:00 on Wall 6
5 Step left forward
6&7 Turn $\frac{1}{2}$ left step right back, turn $\frac{1}{2}$ 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: $\frac{1}{2}$ Sailor Turn, Press Rock, Recover, Kick, Weave, Side Rock, Recover, Cross, Sway Sway

2&3 Turn $\frac{1}{4}$ right cross right behind left, turn $\frac{1}{4}$ 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 $\frac{1}{8}$ right step right to right, cross left over right (3:00)
&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



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