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One Day We Danced

Choreographer : Craig Bembridge-Cooke & Helen Parkyn

Type of dance : 4 Wall

Level : Improver

Counts : 32

Intro : 16 counts

Music : One Day – by Cole Swindell

1 X restart 1 X tag

RIGHT RHUMBA BOX, RIGHT BACK LOCK, LEFT COASTER

1&2, 3&4 step right to side, close left (&), step forward right, step left to side, close right (&), step back left
5 &6, 7&8 step back right, lock left across front (&), step back right, step back left, close right (&), step forward left

HEEL SWITCHES, RIGHT ROCKING CHAIR, SIDE SWITCHES, RIGHT KICK BALL CHANGE

1&2&, 3&4& touch right heel forward, close beside left (&), touch left heel forward, close beside right (&), rock forward right, recover (&), rock back on right, recover (&)
5&6&, 7&8 touch right toe out to side, close beside left (&), touch left toe out to side, close beside right (&), kick right foot forward, step down on right ball (&), recover weight on left

ROCK 1/2 TURN R & STEP (6.00), LEFT SHUFFLE, RIGHT MAMBO, LEFT COASTER

1&2, 3&4 rock forward on right, recover on left (&), make 1/2 turn right right (6.00) and step forward right, step forward left, close right (&), step forward left. **** RESTART ****
5&6, 7&8 rock forward right, recover back in left (&), step back on right, step back left, close right (&), step forward left

RIGHT CROSS ROCK, LEFT CROSS ROCK, RIGHT CROSS ROCK 1/4 TURN R (9.00), LEFT SHUFFLE

1&2, 3&4 cross rock right over left, recover on left (&), step right to side, cross rock left over right, recover on right (&), step left to side
5&6, 7&8 cross rock right over left, recover on left (&), make 1/4 turn right (9.00) stepping forward right, step forward left, close right (&), step forward left. (optional full turn right on last shuffle)

START AGAIN

RESTART - WALL 3 after shuffle forward in section 3 (facing 12.00)

TAG – END WALL 6 (start facing 6.00, tag facing wall 3) step right to side, touch left, step left to side, touch right

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