

One Fine Day

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Count: 40 **Wall:** 4 **Level:** Improver

Choreographer: Amanda BOWDEN & Gordon Elliott . Aust. (April 2013)

Music: "Keep On Running" by The Spencer Davis Group. Album:"Revolutions : The Best Of Steve Winwood" (Remastered)

This dance is done in FOUR directions. Introduction: 40 Beats on vocals

Original Position: Feet Together Weight On The Left Foot.

FORWARD, FORWARD, FORWARD, KICK, BACK, TOUCH, FORWARD, KICK

- 1, 2 Step R Forward, Step L Forward,
- 3, 4 Step R Forward, Kick L Forward,
- 5, 6 Step L Back, Touch R Toe Back,
- 7, 8 Step R Forward, Kick L Forward.

SLOW COASTER, SCUFF, PIVOT TURN, FORWARD, HOLD

- 1, 2, 3 Slow Coaster : Step L Back, Step R Together, Step L Forward,
- 4 Scuff R Forward,
- 5, 6 Pivot : Step R Forward, Turn 180deg Left Take Weight Onto L,
- 7, 8 Step R Forward, Hold.

DOROTHY STEP, DOROTHY STEP, DOROTHY STEP, FORWARD, ROCK

- 1, 2 & Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,
- 3, 4 & Step R Forward At 45deg Right, Lock L Behind Right, Step R Together,
- 5, 6 & Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,
- 7, 8 Step R Forward, Rock Back Onto L.

SAILOR STEP, SAILOR STEP, SAILOR STEP, FORWARD, SCUFF

- 1 & 2 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
- 3 & 4 Sailor : Step L Behind Right, Step R To The Side, Step L To The Side,
- 5 & 6 Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
- 7, 8 Step L Forward, Scuff R Forward. ##

TOE STRUT, 1/4 TOE STRUT, HIP, HIP, HIP, HIP

- 1, 2** Strut : Step R Toe Forward, Drop R Heel To The Floor,
3, 4 Strut : Turn 90deg Left Step L Toe Forward, Drop L Heel To The Floor,
5, 6 Step R To The Side Push Hips To The Right, Push Hips To The Left,
7, 8 Push Hips To The Right, Push Hips To The Left. **

[40] REPEAT THE DANCE IN NEW DIRECTION

TAG : At the END (**) of WALL 1 (3.00) add the following tag

- 1, 2** Step R Forward At 45deg Right, Step L Forward At 45deg Left,
3, 4 Step R Back To The Centre, Step L Together

RESTART : On WALL 3 & WALL 6 dance to BEAT 32 (##) & RESTART to the 6.00 & 12.00 respectively