

# Once a Day

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**Count:** 64      **Wall:** 2      **Level:** Easy Intermediate

**Choreographer:** Henk van Lubeek (NL) (July 2018)

**Music:** "Once A Day" by Mike Denver. Album: Love To Live (iTunes)

**Start 16 count after hard beat. (When you found )**

**Section 1. Scissor Step, Hold, Chassé Left Side, Hold.**

**1-2-3-4**step right on RF, LF together RF, RF across LF, hold

**5-6-7-8**step left side on LF, RF together LF, step left side on LF, hold

**Section 2. Cross Rock, Recover, ¼ Turn Right Fwd, Hold, Step Fwd, ½ Turn Right, Step Fwd, Hold.**

**1-2-3-4**RF across LF, weight back on LF, ¼ turn right stepping RF forward, hold [3]

**5-6-7-8**step forward on LF, ½ turn right (weight on RF), step forward on LF, hold [9]

**Section 3. Rock Fwd, Recover, Step Back, Hold, Left Sweep, Behind, Right Sweep, Behind.**

**1-2-3-4**rock forward on RF, weight back on LF, step RF backward, hold

**5-6-7-8**sweep LF backward, step behind RF, sweep RF backward, step behind LF,

**Section 4. Coaster Step, Hold, Step Fwd, ¼ Turn Left, Cross, Hold.**

**1-2-3-4**step back on LF, RF together LF, step forward on LF, hold

**5-6-7-8**step forward on RF, ¼ turn left (weight on LF), RF across LF, hold [6]

**Section 5. Hinge, Step Fwd, Hold, Step Lock Step Fwd, Hold.**

**1-2-3-4**¼ turn right step back on LF, ¼ turn right step right side on RF, step forward on LF, hold [12]

**5-6-7-8**step forward on RF, cross LF behind RF, step forward on RF, hold

**turn**

**Section 6. Rock Fwd, Recover, Step Back, Hold, Walks x3, Hold.**

**1-2-3-4**rock forward on LF, weight back on RF, step back on LF, hold

**5-6-7-8**walk steps backward on R/L/R, hold

**Section 7. Coaster  $\frac{1}{4}$  Turn Left, Hold, Rock Fwd, Recover,  $\frac{1}{4}$  Turn Right Step Fwd, Hold.**

**1-2-3-4 $\frac{1}{4}$**  turn left and step back, RF together LF, step on LF forward, hold [9]

**5-6-7-8**rock forward on RF, weight back on LF,  $\frac{1}{4}$  turn right stepping RF forward, hold [12]

**Section 8. Step Fwd,  $\frac{1}{2}$  Turn Right, Step Fwd, Hold, Rock Right Side, Recover, Touch, Hold.**

**1-2-3-4**step on LF forward,  $\frac{1}{2}$  turn right (weight on RF), step LF forward, hold [6]

**5-6-7-8**rock on RF right side, weight back on LF, touch toe RF next LF, hold

**AGAIN.**

**TAG:16 counts after 2e wall.**

**Rumba Box with Holds.**

**1-2-3-4**step RF right side, LF together RF, step RF forward, hold

**5-6-7-8**step LF left side, RF together LF, step LF back, hold

**Shuffle  $\frac{1}{2}$  Turn Right, Hold, Step Fwd,  $\frac{1}{2}$  Turn Right, Step Fwd, Hold.**

**1-2-3-4 $\frac{1}{4}$**  turn right step RF right side, LF together RF,  $\frac{1}{4}$  turn right step RF forward, hold [6]

**5-6-7-8**step forward on LF,  $\frac{1}{2}$  turn right (weight on RF), step forward on LF, hold

**Ending: Dance the first 12 counts (count 4 section 2) than: Step Fwd,  $\frac{3}{4}$  Turn Right, Closed, Hold.**

**1-2-3-4**step forward on LF,  $\frac{3}{4}$  turn right (weight on RF), LF next RF, hold [12]

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