

One Day

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Count: 32 **Wall:** 4 **Level:** High Beginner

Choreographer: Séverine Fillion (January 2020)

Music: « One Day » by Perfect Friction

Intro : 16 counts

[1-8] SHUFFLE FWD, BRUSH FWD - BRUSH BACK, SHUFFLE FWD, BRUSH FWD - BRUSH BACK

- 1&2** Shuffle right left right fwd
- 3-4** Brush left ball fwd, Brush left ball backward cross over right leg
- 5&6** Shuffle left right left fwd
- 7-8** Brush right ball fwd, Brush right ball backward cross over left leg

[9-16] SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND, 1/4 TURN, FWD

- 1-2** Rock step right to right side, recover on left
- 3&4** Right cross behind left, left to left, right cross over left
- 5-6** Rock step left to left side, recover on right
- 7&8** Left cross behind right, 1/4 turn right stepping right fwd, left fwd 3:00

[17-24] STOMP FWD, RIGHT TOE FAN, HEEL SWITCH, CLAP CLAP

Option style for counts 1 to 7 : hands on waist

- 1-2** Stomp right fwd (right toe turn to left), swivel right toe to the right
- 3&4** Swivel right toe to the left, to the right, to the left (keep weight on left)
- 5&6** Touch right heel fwd, recover on right next to left, Touch left heel fwd
- &7** Recover on left next to right, Touch right heel fwd
- &8** Clap Clap

[25-32] LARGE SIDE STEP, SLIDE (with arms), CROSS, UNWIND 1/2 TURN (X 2)

- 1-2** Large side step to the right, Slide left next to right

Option style for counts 1-2 & 5-6 : Bring both arms up to shoulder level, left arm extended to left, right

arm bent across body and turn your head to the left.

3-4 Left cross over right, unwind 1/2 turn right (ending weight on left) 9:00

5-6 Large side step to the right, Slide left next to right

7-8 Left cross over right, unwind 1/2 turn right (ending weight on left) 3:00

PONT : 32 counts (At the end of wall 7 at 9 :00) then start again the dance at 3:00

1-8 Large right step to right side, Slide left (1-4), Large left step to left side, Slide right (5-8)

9-16 Large right step, Slide left (1-4), 1/4 turn right & Large left step, Slide right (5-8) 12:00

17-24 Large right step, Slide left (1-4), 1/4 turn right & Large left step, Slide right (5-8) 3:00

25-32 Large right step, Slide left (1-4), Large left step, Slide right (5-8)

HAVE FUN & ENJOY !!