

One Day

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

Choreographer: Gino Valcalcer (ITY) & Maria Rao (ITY) - February 2021

Music: - Josh Melton

Intro: Start 16 counts in on vocals, weight on L.

[1-8] Walk R, Walk L, R Rocking chair, Walk R, Walk L, R Rocking chair.

1 2 Walk Fwd R, walk fwd L,

3&4& Rock fwd on R, recover onto L, rock fwd onto L, recover onto R,

5 6 Walk Fwd R, walk fwd L,

7&8& Rock fwd on R, recover onto L, rock fwd onto L, recover onto R,

[9-16] Rock Recover, ½ shuffle, Rock Recover, ½ shuffle.

1 2 Rock fwd onto R, recover onto L,

3&4R ½ turn (facing 6:00 wall) stepping R foot fwd, step L foot next to R, step R foot fwd,

5 6 Rock fwd onto L, recover onto R,

7&8L ½ turn (facing 12:00 wall) stepping L foot fwd, step R next to L, step L foot fwd.

[17-24] Cross, Side, Sailor with a Heel, Cross, Side, Sailor with a Heel.

1 2 Cross R over L, step L to L side

3&4& Step R back, step L next to R, R heel fwd, step R next to L,

5 6 Cross L over R, step R to R side

7&8& Step L back, step R next to L, L heel fwd, step L next to R.

[25-32] Cross, Side, Behind, Side, ¼ L, Rock, Recover, Back Coaster.

1 2 Cross R over L, step L to L side,

3&4 Step R behind L, step L to L side, L ¼ turn (facing 9:00 wall) stepping R foot fwd,

5 6 Rock fwd onto L foot, recover onto R foot,

7&8 Step L foot back, step R next to L foot, step L foot fwd.

Restart: Wall 4 (3:00 wall)

Dance to Count 12, after the first ½ shuffle, and start again (facing 9:00 wall). Change weight quickly to L to begin on R foot.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=149147