

# One Day

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**Count:** 34

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Wil Bos (NL) & Regina Cheung (CAN) - March 2021

**Music:** - Élage Diouf & Johnny Ried

## Info : Intro 8 counts

### Sec 1: Nightclub Basic, $\frac{1}{4}$ Step, Step $\frac{1}{2}$ Pivot Step, Full Turn Step, Mambo Sweep

- 1-2&** Step left to left, step right beside left, cross left over right
- 3** Turn  $\frac{1}{4}$  right step right forward (3:00)
- 4&5** Step left forward, pivot  $\frac{1}{2}$  right transferring weight onto right, step left forward (9:00)
- 6&7** Turn  $\frac{1}{2}$  left step right back, turn  $\frac{1}{2}$  left step left forward, step right forward (9:00)
- 8&1** Rock left forward, recover weight onto right, step left back sweeping right from front to back

### Sec 2: Behind, Side, Cross Rock, Recover, Side Cross, $\frac{3}{4}$ Run Around, $\frac{1}{8}$ Mambo Drag

- 2&** Cross right behind left, step left to left
- 3-4&** Cross rock right over left, recover weight onto left, step right to right
- 5** Cross left over right
- 6&7** Turn  $\frac{1}{4}$  right step right forward, turn  $\frac{1}{4}$  right step left forward, turn  $\frac{1}{4}$  right step right forward (6:00)
- 8&1** Turn  $\frac{1}{8}$  right rock left forward, recover weight onto right, step left back dragging right towards left (7:30)

### Sec 3: Run Back, Mambo Back, Full Turn Step, Mambo Sweep

- 2&3** Step right back, step left back, step right back
- 4&** Rock left back, recover weight onto right

### Restart: Here on Walls 4 & 6, Turn $\frac{1}{8}$ left to restart facing 3:00 on Wall 4 & facing 12:00 on Wall 6

- 5** Step left forward
- 6&7** Turn  $\frac{1}{2}$  left step right back, turn  $\frac{1}{2}$  left step left forward, step right forward (7:30)
- 8&1** Rock left forward, recover weight onto right, step left back sweeping right from front to back

## **Sec 4: ½ Sailor Turn, Press Rock, Recover, Kick, Weave, Side Rock, Recover, Cross, Sway Sway**

- 2&3** Turn ¼ right cross right behind left, turn ¼ right step left slightly to left, step right forward (1:30)
- 4-5** Press rock left forward, recover weight onto right kicking left forward
- 6&7** Cross left behind right, turn ½ right step right to right, cross left over right (3:00)
- &8&** Rock right to right, recover weight onto left, cross right over left
- 9-10** Step left to left swaying left, sway right

### **Start Again**

**Last Update - 6 April 2021**