

INSPIRATION

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Count: — **Wall:** 1 **Level:** intermediate

Choreographer: Leyonee Forbes & Sarah Cowie

Music: One Day In Your Life by Anastacia

Sequence: A, A, A, B, A. Dance starts on the lyrics of 1st chorus

Placed 5th place overall ABC Choreography at Worlds 2003.

SECTION A

KICK & SIDE, FULL MONTEREY TURN, BUMPS RIGHT, LEFT, RIGHT & RIGHT

- 1&2** Kick right forward, bring right beside left, point left out to left side
- 3-4** Bring left foot beside right, on balls of feet turn back over left shoulder full turn and point right to right side
- 5-6** Step onto right bump hips to right, left
- 7&8** Bumps hips up to right, back to center, down to right

ROCK & CROSS, TURN, TURN, BUMP HIPS TO RIGHT MAKING ½ TURN & STEP

- 1&2** Rock step left foot over right, step right in place, step left to left side
- 3-4** Step right to right side making ½ turn over left shoulder, step left to left side making ½ turn over left shoulder
- 5-6-7** Bump hips to right three times while making ½ turn left
- &8** Step left foot back, step right foot forward (with left hand behind head and right hand on right side)

WALK RIGHT, LEFT, RIGHT SHUFFLE, STEP FORWARD LEFT, SPOT ½ TURN, TRIPLE FULL TURN LEFT, RIGHT, LEFT

- 1-2** Walk forward right, walk forward left
- 3&4** Step forward right, step left next to right, step forward right
- 5-6** Step forward left, ½ spot over right shoulder
- 7&8** Triple turn forward left, right, left over right shoulder

POINT RIGHT, CROSS STEP RIGHT, POINT LEFT, CROSS STEP LEFT, POINT RIGHT & LEFT & RIGHT, HITCH RIGHT

- 1-4 Point right to right side, cross step right over left, point left to left side, cross step left over right
- 5&6 Point right to right side, bring right next to left, point left to left side
- &7 Bring left next to right, point right to right side
- &8 Hitch right knee up, point right to right side

When doing counts 7&8: with arms at sides, face palms towards floor and as you hitch, lift arms up then back down

ROCK SIDE RIGHT, BEHIND SIDE TURN, ROCK FORWARD, COASTER STEP

- 1-2 Rock right to right side, step left in place
- 3&4 Step right behind, step left to left side making $\frac{1}{4}$ turn left, step right forward
- 5-6 Rock forward left, step right in place
- 7&8 Step left foot back, step right together, step forward left

WALK, SHUFFLE LEFT, SPOT & SLIDE, BEHIND, SIDE, CROSS

- 1 Walk forward right
- 2&3 Step forward left, step right together, step forward left
- 4& Step forward right, make $\frac{3}{4}$ spot turn left
- 5-6 Big step right to right side, hold
- 7&8 Step left behind right, step right to right side, cross step left over right

ROCK & CROSS, ROCK & CROSS, WALK, CROSS OVER

- 1&2 Rock right to right side, step left in place, cross step right over left
- 3&4 Rock left to left side, step right in place, cross step left over right
- 5-8 Walk right diagonal forward left, hold, cross left over right, hold

UNWIND, SWEEP RIGHT OUT, ROCK, ROCK

- 1-2-3 Unwind full turn while sweeping right leg up and out, then round behind left leg
- &4 Rock step right behind left, step left in place

SECTION B

TURN, 2, 3, CROSS, SIDE ROCK, COASTER TURN

- 1-4 Rolling vine right: (making $\frac{1}{4}$ turn right) step right forward, (making $\frac{1}{4}$ turn) right step left to left side (making $\frac{1}{2}$ turn right) step right to right side, cross step left over right
- 5-6 Rock step right to right side, step left in place
- 7&8 Step right behind left, step left forward making $\frac{1}{4}$ turn left, step right forward

STEP LEFT, SPIN FULL TURN ON BALL OF LEFT, HOLD, STEP, STEP, ROCK FORWARD RIGHT, COASTER RIGHT

- 1-2-3 Step forward left, on ball of left foot spin a full turn left, hold
- &4 Step right forward, step left forward
- 5-6 Rock forward right, step left in place
- 7&8 Step right back, step left together, step right forward

POINT, CROSS, ROCK & CROSS, POINT, $\frac{3}{4}$ MONTEREY, POINT, HOLD

- 1-2 Point left to left side, cross step left over right
- 3&4 Rock right to right side, recover onto left, cross step right over left
- 5-6 Point left to left side, bringing left foot beside left make $\frac{3}{4}$ turn over left shoulder on balls of both feet
- 7-8 Point right to right side, hold

& CROSS, UNWIND, HOLD, & CROSS, UNWIND, HOLD

- &1 Transfer weight onto right, cross left over right
- 2-3-4 Unwind full turn, hold, hold
- &5 Step right foot to right side, cross left over right
- 6-7-8 Unwind full turn, hold, hold

STEP SIDE, TOUCH, SIDE, TOUCH, OUT, OUT, IN, IN, LEAN BACK, UP

- 1-4 Step right to right side, touch left toe behind right, step left to left side, touch right toe behind right
- &5 Step right out to right side, step left out to left side
- &6 Bring right foot in to center, bring left foot in to center
- 7-8 Lean weight back so that head drops, bring weight back & body to upright position

Hands for those last counts

- 1-2 Punch right arm up, punch right arm to right side

3-4 Punch left arm up, punch both arms down towards floor

&5 Swing both arms out

&6 Swing both arms across chest

7 Push arms down and back as you lean back

Counts 7,8 also has an easier alternative

7-8 Stepping right to right side bump over right hips, bump to left