

One Day

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Count: 48 **Wall:** 2 **Level:** Intermediate

Choreographer: Julia Wetzel (April, 2012)

Music: One Day by Charice (Single: One Day) 3:13min

Intro: 16 counts (approx. 10 seconds into track) V1.3

[1 - 8] Out, Out, Hold, Ball, Cross $\frac{1}{4}$, $\frac{1}{4}$, Hold, Ball, Step

1-2 Step R to R side (1), Step L to L side (2) 12:00

3&4 Hold (3), Step ball of R slightly behind L (&), Cross L over R (4) 12:00

5-7 $\frac{1}{4}$ turn L step back on R (5), $\frac{1}{4}$ turn L step fw on L (6), Hold (7) 6:00

&8 Step ball of R slightly behind L (&), Step L fw (8) 6:00

[9 - 16] Step, $\frac{1}{4}$ Paddle (2x), Side, Side, Hold, Side Body Rolls (R & L)

1-3 Step fw on R (1), $\frac{1}{4}$ Paddle turn R step ball of L to L side, (2) $\frac{1}{4}$ Paddle turn R step ball of L to L side (3) 12:00

4-6 Step L to L side (4), Step R to R side (5), Hold (6) 12:00

7-8 Side body roll to R (7), Side body roll to L weight ending on L (8)

Easy Option: Shift weight to R and raise R shoulder up while dropping L Shoulder (7), Shift weight to L and raise L shoulder up while dropping R Shoulder (8) 12:00

[17 - 24] Step, Step, Mash Potato, Behind, Unwind, Ball, Step, Step

1-2 Step fw on R (1), Step fw on L (2) 12:00

3&4 Touch R toe fw turning both heels in (3), Swiveling both heels out and swing R to R side (&), Swivel both heels in and step R slightly behind L (4) 12:00

5, 6 Touch ball of L behind R (5), Unwind $\frac{3}{4}$ L ending with weight on L (6)

Styling Option (6): Delay $\frac{3}{4}$ unwind until almost at the end of count and then unwind quickly 3:00

&7-8 Step ball of R in place (&), Step L fw (7), Step R fw (8) 3:00

[25 - 32] Step, Scuff-Hitch, Back, Heels Up & Down, $\frac{1}{4}$, Hold, $\frac{1}{2}$, $\frac{1}{2}$

1, 2&3&4 Step L fw (1), Scuff R fw (2), Hitch R (&), Step R back (3), Lift both heels (&), Step both heels down with weight ending on R (4) 3:00

5-6¼ turn L step L fw (5), Hold (6) 12:00

7-8½ turn L stepping back on R (7), ½ turn L step fw on L (8)

***Restart on Wall 3 after here 12:00**

[33 - 40] Slow Walk (2x), Step, Forward Mambo, Back, Together

1-4 Step fw on R cross L (1), Drag L to R (2), Step fw on L cross R (3), Drag R to L (4) 12:00

5, 6&7,8 Step fw on R (5), Rock fw on L (6), Recover on R (&), Large step back on L (7), Step R next to L (8) 12:00

[41 - 48] ¼ Scissor Cross, Side, Behind, ¼, Full Turn Pirouette, Step

1-4¼ turn R step L to L side (1), Step R next to L (2), Cross L over R (3), Step R to R side (4) 3:00

5-6 Step L behind R (5), ¼ turn R stepping fw on ball of R (6) (prep for turn) 6:00

7-8 Full turn R on ball of R tucking L foot behind R calf/ankle (7), Step down on L (8) (shoulder width apart from R)

2¼ Turn Option for Wall5 (6-8): Double pirouette (6-7), Step down on L continue ¼ turn R (8) 6:00

Restart : On Wall 3, dance up to count 32 (facing 12:00) then start Wall 4 facing 12:00

Ending : After count 32 of Wall 7, continue turning another ½ turn L on L and then step R together with L to face 12:00

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