

# One Sweet Day

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Kim Ray (UK) May 2016

**Music:** One Sweet Day by Boyz II Men & Mariah Carey (Legacy Album) 128 bpm, 4.40 mins

## #16 count intro

**S1: SIDE, BACK ROCK/RECOVER, ¼ TURN LEFT, FULL TURN LEFT, PIVOT ½ TURN LEFT, RUN FORWARD x 2, FORWARD ROCK/RECOVER, BACK**

**1-2&** Large step right to right side, back rock on left, recover forward on right

**3¼ turn left stepping forward on left (9)**

**4&½ turn left stepping back on right, ½ turn left stepping forward on left**

**5&** Step forward on right, ½ pivot turn left (3)

**6&** Run forward on right, run forward on left

**7-8** Rock/lean forward on right, recover back on left

**&** Small step back on right and to the right side

**S2: CROSS ROCK/RECOVER, SIDE, CROSS, SIDE, BACK ROCK/RECOVER, ¼ TURN LEFT, ½ TURN LEFT, CROSS, BACK, BACK**

**1&2** Cross rock left over right, recover back on right, step left to left side

**&3** Cross right over left, large step to left side

**4&5** Back rock on right, recover on left, ¼ turn left stepping back on right lifting left foot slightly up (12)

**6&7** Run round ½ turn left (making ½ circle) stepping left, right, left, sweeping right out and forward (6)

**8&1** Finishing sweep crossing right over left and turning to (4.30), step back on left, large step back on right dragging left to right

**S3: BACK, ½ TURN RIGHT, FORWARD, FORWARD ROCK/RECOVER, TOE TOUCH BACK, ½ TURN RIGHT, FORWARD PRESS/RECOVER, SWEEP, SAILOR STEP**

**2&3** Step back on left, ½ turn right stepping forward on right, step forward on left (10.30)

**4&5** Rock forward on right, recover back on left, touch right toe back

**6-7½ turn right taking weight on right and press forward bending right knee, bring weight back on left sweeping right out and back (4.30)**

**8&1** Cross right behind left, step left to left side, step right to right side straightening up to (3)

**S4: BEHIND SIDE CROSS, SIDE, BACK ROCK/RECOVER, SIDE ROCK/RECOVER, CROSS, FULL TURN LEFT, HITCH, SIDE, TOGETHER**

**&2&** Cross left behind right, step right to right side, cross left over right

**3** Large step to right side

**4&** Back rock on left, recover forward on right

**5&** Side rock left, recover on right

**6&** Cross left over right, ¼ turn left stepping back on right (12)

**7** Weight on right foot, slightly hitch left knee and ½ turn left (taking weight on left) (6)

**8&¼ turn left and step right to right side, step left next to right (3)**

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