

# One More Day

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Julia Wetzel - Jan, 2015

**Music:** One More Day by Diamond Rio (Album: One More Day, Length: 3:36)

## **Intro: 18 counts (approx. 19 seconds into track)**

### **[1 - 8] Fw Rock, ½, Fw Rock, ½, ¼ Sweep , Behind, Side, Cross, Side Rock, Cross**

- 1, 2&** Rock R fw (1), Recover on L (2), ½ Turn right step R fw (&) 6:00
- 3, 4&5** Rock L fw (3), Recover on R (4), ½ Turn left step L fw (&), ¼ Turn left step R to right side sweep L from front to back (5) 9:00
- 6&7&8&** Step L behind R (6), Step R to right side (&), Cross L over R (7), Rock R to right side (&), Recover on L (8), Cross R over L (&) 9:00

### **[9 - 17] L Basic, R Basic, ¾ , Run, Mambo Sweep**

- 1, 2&** Step L to left side (1), Close R behind L (2), Cross L over R (&) 9:00
- 3, 4&** Step R to right side (3), Close L behind R (2), Cross R over L (&) 9:00
- 5, 6&¾ Turn right step L back and continue another ½ turn right on ball of L (total = ¾ spiral turn) (5), Step R fw (6), Step L fw (&) 6:00**

### **\*Restart on Wall 3 after here ~ see description below ~**

- 7, 8&1** Step R fw (7), Rock L fw (8), Recover on R (&), Step L back sweep R from front to back (1) 6:00

### **[18 - 25] Back Sweep, Behind, Side Rock, Behind, ¼, Full Turn, Cross, Side, Behind Rock**

- 2** Step R back sweep L from front to back (2) 6:00
- 3&4&5** Step L behind R (3), Rock R to right side (&), Recover on L (4), Step R behind L (&), ¼ Turn left step L fw (5) 3:00
- 6 - 7½ Turn left step R back (6), ½ Turn left step L fw sweep R from back to front (7)**

### **Easy Option: Step R fw sweep L from back to front (6), Step L fw sweep R from back to front (7) 3:00**

**8&1** Cross R over L (8), Step L to left side (&), Rock R behind L opening body to right diag. (1)  
3:00

**[26 - 32] Hitch, Fw Rock, Side Rock, Back, Back, ½, Spiral, Step, Step**

**2** Recover on L and hitch R straightening to 3:00 (2) 3:00

**3&4&5** Rock R fw slightly across L (3), Recover on L (&), Rock R to right side (4), Recover on L (&),  
Step R back small sweep L from front to back (5) 3:00

**6&7** Step L back (6), ½ Turn right step R fw (&), Step L fw and spiral full turn right on L (7)

**Easy option: Step L fw (7) 9:00**

**8&** Step R fw (8), Step L fw (&) 9:00

**Restart On Wall 3, dance up to Count 14& (Step L fw) facing 12:00, then Start Wall 4 facing 12:00**

**Ending Slow down with music as Wall 7 ends facing 12:00. Optional extra turn:**

**Dance up to Count 32 (Step R fw facing 12:00) then ½ Turn right step L back (&), ½ Turn right step R fw (1)**

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