

One Day At A Time

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Count: 32

Wall: 4

Level: Improver / Intermediate

Choreographer: Gitte Stehr (DK) July 2010

Music: One Day At A Time by Enrique Iglesias & Akon (CD: Euphoria (Deluxe Edition))

Intro: 32 counts (21 sec.)

R mambo fw, l mambo back, r side rock cross, ¼ turn r, side, cross

1&2 Rock fw on r, rock back on l, step back on r

3&4 Rock back on l, rock fw on r, step fw on l

5&6 Rock r to r side, recover on l, cross r over l

7&8 ¼ turn r stepping back on l, step r to r side, cross l over r (3:00)

Rumba box, shuffle ½ turn r, l mambo fw

1&2 Step r to r side, step l next to r, step fw on r

3&4 Step l to l side, step r next to l, step back on l

5&6 Shuffle ½ turn right stepping r, l, r (9:00)

7&8 Rock fw on l, rock back on r, step back on l (weight on l - restart here on wall 2 and 4)

Sweep r back, sweep l back, r coaster step, r ¼ turn chasse ¼ turn l, ¼ turn l chasse

1-2 Sweep r back taking weight, sweep l back taking weight

3&4 Step back on r, step l next to r, step fw on r

5&6 ¼ turn right stepping l to l side, step r next to l, ¼ turn left stepping l fw (9:00)

7&8 ¼ turn left stepping r to r side, step l next to r, step r to r side (6:00)

L sailor step, cross behind, ¼ turn l, step r fw, l rock step, l coaster step

1&2 Cross l behind r, step r to r side, step l to l side

3&4 Cross r behind l, ¼ turn l stepping l fw, step r fw (3:00)

5-6 Rock l fw, recover on r

7&8 Step back on l, step r next to l, step l fw (weight on l)

Restarts:

1st. restart: During wall 2 dance the first 16 counts (12:00), then start again

2nd. restart: During wall 4 dance the first 16 counts (12:00), then start again

Ending:

After finishing wall 11 (9:00)

1&2 Rock fw on r, rock back on l, step back on r

3&4 Rock back on l, recover on r, ¼ turn r stepping l to left side (now facing front)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=80236