

ONE DAY IN YOUR LIFE

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Count: 60 **Wall:** 4 **Level:** intermediate

Choreographer: Shelley Lindsay

Music: One Day In Your Life by Anastacia

Start the dance on the word "Life", the beat will start at the same time. On the 4th wall only dance up to count 40, then restart the dance and continue as normal

WALK FORWARD RIGHT, LEFT, TOGETHER, FLICK LEFT, TURNING CROSS SHUFFLE, ROCK BACK FORWARD

- 1-2** Step forward on right, step forward on left
- 3-4** Step right in place, "flick" left foot out to left side
- 5&6** Step left forward as you $\frac{1}{4}$ turn right, step right in place as you $\frac{1}{4}$ right, step left out to left side
- 7-8** Rock back on right, rock forward on left

HEEL SWITCHES FORWARD RIGHT, LEFT, TOUCH RIGHT IN PLACE, KICK RIGHT, CROSS UNWIND, ROCK RIGHT, LEFT

- 9&** Dig right heel forward and slightly diagonal (2:00), step right in place
- 10&** Dig left heel forward and slightly diagonal (10:00), step left in place
- 11-12** Touch right toes in place, kick right out to right diagonal (2:00)
- 13-14** Cross right over left, unwind $\frac{1}{2}$ turn left keeping weight on left
- 15-16** Rock right on right, rock left on left

$\frac{1}{4}$ TURNING WEAVE LEFT, ROCK FORWARD, BACK, HITCH TURN, WALK FORWARD, LEFT RIGHT LEFT

- 17&18** Step right behind left, $\frac{1}{4}$ left as you step forward on left, step forward on right
- 19-20** Rock forward on left, rock back on right
- 21-22** Hitch left leg as you $\frac{1}{2}$ turn left, step forward on left
- 23-24** Step forward right, step forward left

ROCK FORWARD, BACK, COASTER STEP, ROCK FORWARD $\frac{1}{4}$ TURN CROSS SHUFFLE

- 25-26** Rock forward on right, rock back on left

- 27&28** Step back on right, step left in place, step forward on right
- 29-30** Step forward on left, pivot $\frac{1}{4}$ turn right stepping on right
- 31&32** Cross left over right, step right to right side, cross left over right

WEAVE RIGHT, ROCK RIGHT, LEFT, $\frac{1}{4}$ TURNING WEAVE LEFT

- 33-34** Step right to right side, step left behind right
- &35-36** Step right out to right side, step left over right, rock out to right on right
- 37-38** Rock left on left, step right behind left
- &39-40** Step forward on left as you $\frac{1}{4}$ turn left, step forward on right, step forward on left

BALL CHANGE, KICK, STEP FLICK, STEP FORWARD PIVOT $\frac{1}{2}$ TURN, LEFT SHUFFLE

- &41-42** Step back on ball of right foot, step left in place, kick right forward
- 43-44** Step forward on right, flick left foot behind
- 45-46** Step forward on left, pivot $\frac{1}{2}$ turn right
- 47&48** Step forward on left, step right in place, step forward on left

BALL CHANGE, KICK, STEP FLICK, STEP FORWARD PIVOT $\frac{1}{2}$ TURN, $\frac{3}{4}$ TURN

- &49-50** Step back on ball of right foot, step left in place, kick right forward
- 51&52** Step forward on right, flick left foot behind
- 53-54** Step forward on left, pivot $\frac{1}{2}$ turn right
- 55-56** Step back on left as you $\frac{1}{2}$ turn right, step right to right side as you $\frac{1}{4}$ turn right

SIDE, TOGETHER, SIDE, $\frac{1}{4}$ TURN TOUCH

- 57-58** Step left to left side, bring right to left instep
- 59-60** Step left to left side, $\frac{1}{4}$ turn right and touch right to right instep

Optional styling on counts 57 and 58: body roll as you step

On count 60: flick hands behind and look back

REPEAT