

# One Fine Day

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**Count:** 40      **Wall:** 4      **Level:** Improver

**Choreographer:** Amanda BOWDEN & Gordon Elliott . Aust. (April 2013)

**Music:** "Keep On Running" by The Spencer Davis Group. Album: "Revolutions : The Best Of Steve Winwood" (Remastered)

**This dance is done in FOUR directions. Introduction: 40 Beats on vocals**

**Original Position: Feet Together, Weight On The Left Foot.**

**FORWARD, FORWARD, FORWARD, KICK, BACK, TOUCH, FORWARD, KICK**

- 1, 2      Step R Forward, Step L Forward,
- 3, 4      Step R Forward, Kick L Forward,
- 5, 6      Step L Back, Touch R Toe Back,
- 7, 8      Step R Forward, Kick L Forward.

**SLOW COASTER, SCUFF, PIVOT TURN, FORWARD, HOLD**

- 1, 2, 3      Slow Coaster : Step L Back, Step R Together, Step L Forward,
- 4      Scuff R Forward,
- 5, 6      Pivot : Step R Forward, Turn 180deg Left Take Weight Onto L,
- 7, 8      Step R Forward, Hold.

**DOROTHY STEP, DOROTHY STEP, DOROTHY STEP, FORWARD, ROCK**

- 1, 2 &      Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,
- 3, 4 &      Step R Forward At 45deg Right, Lock L Behind Right, Step R Together,
- 5, 6 &      Step L Forward At 45deg Left, Lock R Behind Left, Step L Together,
- 7, 8      Step R Forward, Rock Back Onto L.

**SAILOR STEP, SAILOR STEP, SAILOR STEP, FORWARD, SCUFF**

- 1 & 2      Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
- 3 & 4      Sailor : Step L Behind Right, Step R To The Side, Step L To The Side,
- 5 & 6      Sailor : Step R Behind Left, Step L To The Side, Step R To The Side,
- 7, 8      Step L Forward, Scuff R Forward. ##

**TOE STRUT, 1/4 TOE STRUT, HIP, HIP, HIP, HIP**

- 1, 2** Strut : Step R Toe Forward, Drop R Heel To The Floor,  
**3, 4** Strut : Turn 90deg Left Step L Toe Forward, Drop L Heel To The Floor,  
**5, 6** Step R To The Side Push Hips To The Right, Push Hips To The Left,  
**7, 8** Push Hips To The Right, Push Hips To The Left. \*\*

**[40] Repeat The Dance In New Direction**

**TAG : At the END ( \*\* ) of WALL 1 (3.00) add the following tag**

- 1, 2** Step R Forward At 45deg Right, Step L Forward At 45deg Left,  
**3, 4** Step R Back To The Centre, Step L Together

**RESTART : On WALL 3 & WALL 6 dance to BEAT 32 ( ## ) & RESTART to the 6.00 & 12.00 respectively.**

**Contact: [lovadare@hotmail.com](mailto:lovadare@hotmail.com)**