

# One Day

**Count:** 34

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Wil Bos (NL) & Regina Cheung (CAN) - March 2021

**Music:** Just One Day - Élage Diouf & Johnny Ried

## Info : Intro 8 counts

### Sec 1: Nightclub Basic, $\frac{1}{4}$ Step, Step $\frac{1}{2}$ Pivot Step, Full Turn Step, Mambo Sweep

1-2& Step left to left, step right beside left, cross left over right  
3 Turn  $\frac{1}{4}$  right step right forward (3:00)  
4&5 Step left forward, pivot  $\frac{1}{2}$  right transferring weight onto right, step left forward (9:00)  
6&7 Turn  $\frac{1}{2}$  left step right back, turn  $\frac{1}{2}$  left step left forward, step right forward (9:00)  
8&1 Rock left forward, recover weight onto right, step left back sweeping right from front to back

### Sec 2: Behind, Side, Cross Rock, Recover, Side Cross, $\frac{3}{4}$ Run Around, $\frac{1}{8}$ Mambo Drag

2& Cross right behind left, step left to left  
3-4& Cross rock right over left, recover weight onto left, step right to right  
5 Cross left over right  
6&7 Turn  $\frac{1}{4}$  right step right forward, turn  $\frac{1}{4}$  right step left forward, turn  $\frac{1}{4}$  right step right forward (6:00)  
8&1 Turn  $\frac{1}{8}$  right rock left forward, recover weight onto right, step left back dragging right towards left (7:30)

### Sec 3: Run Back, Mambo Back, Full Turn Step, Mambo Sweep

2&3 Step right back, step left back, step right back  
4& Rock left back, recover weight onto right  
**Restart: Here on Walls 4 & 6, Turn  $\frac{1}{8}$  left to restart facing 3:00 on Wall 4 & facing 12:00 on Wall 6**  
5 Step left forward  
6&7 Turn  $\frac{1}{2}$  left step right back, turn  $\frac{1}{2}$  left step left forward, step right forward (7:30)  
8&1 Rock left forward, recover weight onto right, step left back sweeping right from front to back

### Sec 4: $\frac{1}{2}$ Sailor Turn, Press Rock, Recover, Kick, Weave, Side Rock, Recover, Cross, Sway Sway

2&3 Turn  $\frac{1}{4}$  right cross right behind left, turn  $\frac{1}{4}$  right step left slightly to left, step right forward (1:30)  
4-5 Press rock left forward, recover weight onto right kicking left forward  
6&7 Cross left behind right, turn  $\frac{1}{8}$  right step right to right, cross left over right (3:00)  
&& Rock right to right, recover weight onto left, cross right over left  
9-10 Step left to left swaying left, sway right

## Start Again

Last Update - 6 April 2021