

“Day One.. One Day”

4 wall Improver line dance (32 counts)

Choreographer: Ria Vos, dansenbijria@gmail.com

Music: “One Day” BEXAR (single)

Intro: 16 Counts

Step, Clap, Step, Clap, Mambo ½ Turn R, Shuffle ½ Turn R, ¼ R & Point & Point

1&2& Step Fwd on R, Clap, Step Fwd on L, Clap

3&4 Rock Fwd on R, Recover on L, ½ Turn R Step Fwd on R (6:00)

5&6 Shuffle ½ Turn R Stepping L-R-L (12:00)

&7 ¼ Turn R Step R to R Side, Point L to L Side (3:00)

&8 Step L Next to R, Point R to R Side

& Cross Rock-Side, Cross Rock-Side, Weave R, ¼ L Together

&1-2 Step R Next to L, Cross Rock L Over R, Recover on R

&3-4 Step L to L Side, Cross Rock R Over L, Recover on L

&5& Step R to R Side, Cross L Over R, Step R to R Side

6&7 Step L Behind R, Step R to R Side, Cross L Over R

&8 ¼ Turn L Step Back on R, Step L Next to R (12:00) ***Restart Point

Cross-Side Rock, Cross-Side Rock, Heel Switches, Boogie Walk

1&2 Step R Fwd and Across, Rock L to L Side, Recover on R

3&4& Step L Fwd and Across, Rock R to R Side, Recover on L

Note 1-4: Make sure you Travel Fwd on these Steps

5&6& Dig R Heel Fwd, Step R Next to L, Dig L Heel Fwd, Step L Next to R

7&8 ‘Run’ Fwd R-L-R (Boogie Walk)

L Mambo Fwd, R Coaster Cross, ¾ Turn L Circle Walk Around Stepping L-R Run L-R-L

1&2 Rock Fwd on L, Recover on R, Step Back on L

3&4 Step Back on R, Step L Next to R, Cross R Over L

5-6 Walk Fwd L-R Starting ¾ Turn L Circle Walk Around

7&8 ‘Run’ Fwd L-R-L Finishing ¾ L Circle Walk Around (3:00)

8 Count Tag: After wall 1 (3:00)

Rock Fwd, & Rock Fwd, Coaster Step, Kick-Ball-Change

1-2 Rock Fwd on R, Recover on L

&3-4 Step R Next to L, Rock Fwd on L, Recover on R

5&6 Step Back on L, Step R Next to L, Step Fwd on L

7&8 Kick R Fwd, Step on Ball of R Next to L, Step L in Place

16 Count Tag: After wall 2 (6:00), 4 (12:00), 6 (3:00) [dance the 16 count tag 2x.. see ending]

Rock Fwd, & Rock Fwd, Coaster Step, Kick-Ball-Change

1-8 Dance the 8 count Tag from Above...then Add:

¾ Turn R Walk Around Stepping R-L Run R-L-R, ¾ Turn L Walk Around Stepping L-R Run L-R-L

1-2 Walk Fwd R-L Starting ¾ Turn R Circle Walk Around

3&4 ‘Run’ Fwd R-L-R Finishing ¾ R Circle Walk Around

5-6 Walk Fwd L-R Starting ¾ Turn L Circle Walk Around

7&8 ‘Run’ Fwd L-R-L Finishing ¾ L Circle Walk Around

Restart: On wall 5 After Count 16 (12:00)

Ending: After wall 6 you dance the 16 count Tag twice facing 3:00

To end.. on your left ‘Walk Around’ make a Full Turn L to end Facing Front .. Tada ☺