



ONE DAY IN YOUR LIFE

Choreographed by: Francien Sittrop (Netherlands)

Music: **One Day** by **Caro Emerald** [CD: The Schocking Miss Emerald]

Descriptions: 64 count, 4 wall, Intermediate level line dance

Intro: Start after 32 counts on Vocals

1-8 Toe struts R & L (You May Also Use Hips), Rocking Chair

1-2 Step R Toe fwd, Step R Heel down and click fingers

3-4 Step L Toe fwd, Step L Heel down and click fingers

5-8 Rock R fwd, Recover on L, Rock R back, Recover on L

9-16 Toestruts R & L (You May Also Use Hips), Rock Fwd Recover, Step Back, Touch Fwd

1-2 Step R Toe fwd, Step R Heel down and click fingers

3-4 Step L Toe fwd, Step L Heel down and click fingers

5-6 Rock R fwd, Recover on L

7-8 Step R back, Touch L fwd and Click your fingers over your R shoulder

17-24 Step, Scuff, Jazz Box, Side, Behind

1-2 Step L fwd, Scuff R fwd

3-4 Step R across L, Step L back

5-6 Step R to R side, Step across L

7-8 Step R to R side, Step L behind R

25-32 Side Shuffle, Rock Recover, Side, Behind, ¼ Shuffle Fwd

1&2 Step R to R side, Step L next to R, Step R to R side

3-4 Rock L back, Recover on R

5-6 Step L to L side, Step R behind L

7&8 ¼ Turn L step L fwd, Step R next to L, Step L fwd (**09.00**)

****R****

33-40 Step Fwd Recover, Pivot ¼ L X2, Step Fwd Touch Behind, Step Back, Heel Fwd, Hold

1-2 Step R fwd, Recover on L with ¼ Turn L and use Hips

3-4 Step R fwd, Recover on L with ¼ Turn L and use Hips (**03.00**)

5-6 Step R fwd, Touch L behind R

&7-8 Step L back, Touch R heel fwd, Hold

41-48 Side Mambo's x2, Touch, Hold

1-4 Rock R to R side, Recover on L, Step R fwd, Rock L to L side

5-8 Recover on R, Step L fwd, Touch R next to L, Hold

49-56 Step Fwd, Point Side X2, Jazzbox ½ Turn R

1-2 Step R fwd, Point L to L side

3-4 Step L fwd, Point R to R side

5-8 Step R across L, ¼ Turn R step L back, ¼ Turn R step R fwd, Step L fwd (**09.00**)



57-64 Hiprolls, Step Fwd, Hold X2

1-4 Touch R fwd and roll your hips clockwise (1-2), Bump hips Right (3), Hold (4)
5-8 Touch L fwd and roll your hips counterclockwise (5-6), Bump hip L (7), Hold (8)

Restarts: During Wall 2(06.00), Wall 5 (09.00), Wall 7 (03.00) after count 32 start again with count 1

Tag 1 (8 counts): (facing 3 o'clock wall) After Wall 3: Do the last 8 counts (hiprolls, Hold) and start again with count 1

Tag 2 (32 counts - 16x2): (Facing 6 o'clock wall) After Wall 6

1-8 Rumba Box, Hold x2

1-4 Step R to R side, Step L next to R, Step R fwd, Hold
5-6 Step L to L side, Step R next to L, Step L back, Hold

9-16 Coaster Cross, Hold, ½ Turn R, Cross, Hold

1-4 Step R back, Step L next to R, Step R across L, Hold
5-8 ¼ Turn R step L back, ¼ Turn R step R to R side, Step L across R, Hold
Repeat these 16 counts and Start again with count 1