



BroncoBeat

ONE SWEET DAY

Choreographed by: Niels B Poulsen (DK) Oct 08

Music: **One Sweet Day** by **Boyz 2 Men & Mariah Carey** (CD: 66bpm)

Descriptions: 32 count - 4 wall - Intermediate level line dance

Intro: 16 counts from first beat (app. 20 seconds into track). Start with weight on R

Extra note: Please note that there's a beginner dance called 'Sweetie' to the same music

1 – 8 $\frac{1}{4}$ Sweep, Jazz $\frac{1}{2}$, Step $\frac{1}{2}$ Turn, $\frac{1}{4}$ Turn, Behind Turn $\frac{1}{2}$ With Sweep, Run Run

1 Turn $\frac{1}{4}$ L stepping fw on L and sweeping R foot around and in front of L **[9:00]**

2&3 Cross R over L, step back on L, turn $\frac{1}{2}$ R stepping fw on R **[3:00]**

4&5 Step fw L, turn $\frac{1}{2}$ R stepping fw onto R, turn $\frac{1}{4}$ R stepping L to L side **[12:00]**

6&7 Cross R behind L, turn $\frac{1}{4}$ L stepping fw on L, turn $\frac{1}{4}$ L on L sweeping R in front of L **[6:00]**

8& Run diagonally fw on R towards 4:30, repeat with L **[4:30]**

9 – 16 Cross Rock, Side R, Cross Rock, $\frac{3}{8}$ L, Basic R, Sway, Sway

1 Cross rock R over L **[4:30]**

2&3 Recover weight back to L, step R to R side turning body $\frac{1}{4}$ R, cross rock L over R **[7:30]**

4&5 Recover weight back to R, turn $\frac{3}{8}$ L stepping a small step fw on L, make big step R **[3:00]**

6&7 Close L behind R, cross R over L, step L to L side swaying upper body to L side **[3:00]**

8 Step onto R swaying upper body to R side **[3:00]**

17 – 24 Side L, 2 Diagonal Back Walks, $\frac{3}{8}$ Turn R, $\frac{1}{4}$ Side Rock, Cross, $\frac{1}{4}$ L, Side L, Cross, Side Rock Cross

1 Step L to L side **[3:00]**

2&3 walk diagonally back on R towards 10:30, repeat with L, turn $\frac{3}{8}$ R stepping fw on R **[9:00]**

4&5 Turn $\frac{1}{4}$ R rocking L to L side, recover R, cross L over R **[12:00]**

6&7 Turn $\frac{1}{4}$ L stepping small step back on R, step L small step to L, cross R over L **[9:00]**

&8& Rock L to L side, recover R, cross L over R **[9:00]**

25 – 32 Basic R, Side L, Touch Behind, Full Unwind, Basic L, $\frac{1}{4}$ R, Jazz Box $\frac{1}{4}$ L

1 Step R a big step to R side **[9:00]**

2&3 Close L behind R, cross R over L, step L to L side **[9:00]**

4&5 Cross touch R behind L, unwind full turn R (weight R), big side step L **[9:00]**

6&7 Close R behind L, cross L over R, turn $\frac{1}{4}$ R stepping R fw and sweeping L around **[12:00]**

8& Cross L over R, turn $\frac{1}{4}$ L stepping back on R (getting ready to start from the top turning another $\frac{1}{4}$ L) **[9:00]**

REPEAT