

One More Day

32 Count, 4 Wall, Intermediate

Choreographer: Julia Wetzel (USA) Jan 2015

Choreographed to: One More Day by Diamond Rio,

Album: One More Day (Length: 3:36)

Intro: 18 counts (approx. 19 seconds into track)

1 – 8 Fw Rock, ½, Fw Rock, ½, ¼ Sweep, Behind, Side, Cross, Side Rock, Cross

- 1, 2& Rock R fw, Recover on L, ½ Turn right step R fw 6:00
3, 4 Rock L fw, Recover on R
&5 ½ Turn left step L fw, ¼ Turn left step R to right side sweep L from front to back 9:00
6&7 Step L behind R, Step R to right side, Cross L over R
&8& Rock R to right side, Recover on L, Cross R over L 9:00

9 – 17 L Basic, R Basic, ¾, Run, Mambo Sweep

- 1, 2& Step L to left side, Close R behind L, Cross L over R 9:00
3, 4& Step R to right side, Close L behind R, Cross R over L 9:00
5 ¼ Turn right step L back and continue another ½ turn right on ball of L (¾ spiral turn) 6:00
6& Step R fw, Step L fw

***Restart on Wall 3 after here ~ see description below ~**

- 7, 8&1 Step R fw, Rock L fw, Recover on R, Step L back sweep R from front to back 6:00

18 – 25 Back Sweep, Behind, Side Rock, Behind, ¼, Full Turn, Cross, Side, Behind Rock

- 2 Step R back sweep L from front to back 6:00
3&4&5 Step L behind R, Rock R to right side, Recover on L, Step R behind L, ¼ Turn left step L fw 3:00
6 - 7 ½ Turn left step R back, ½ Turn left step L fw sweep R from back to front
Easy Option: Step R fw sweep L from back to front, Step L fw sweep R from back to front 3:00
8&1 Cross R over L, Step L to left side, Rock R behind L opening body to right diag. 3:00

26 – 32 Hitch, Fw Rock, Side Rock, Back, Back, ½, Spiral, Step, Step

- 2 Recover on L and hitch R straightening to 3:00
3&4&5 Rock R fw slightly across L, Recover on L, Rock R to right side
&5 Recover on L, Step R back small sweep L from front to back
6&7 Step L back, ½ Turn right step R fw, Step L fw and spiral full turn right on L 9:00
Easy option: Step L fw 9:00
8& Step R fw, Step L fw 9:00

Restart On Wall 3, dance up to Count 14& (Step L fw) facing 12:00, then Start Wall 4 facing 12:00

Ending Slow down with music as Wall 7 ends facing 12:00. Optional extra turn:

Dance up to Count 32 (Step R fw facing 12:00) then ½ Turn right step L back, ½ Turn right step R fw