

One Day

48 Count, 2 Wall, Intermediate

Choreographer: Julia Wetzel (USA) April 2012

Choreographed to: One Day by Charice, CD Single

Intro: 16 counts (approx. 10 seconds into track)

1 – 8 Out, Out, Hold, Ball, Cross 1/4, 1/4, Hold, Ball, Step

1-2 Step R to R side (1), Step L to L side (2)

3&4 Hold (3), Step ball of R slightly behind L (&), Cross L over R (4)

5-7 1/4 turn L step back on R (5), 1/4 turn L step fw on L (6), Hold (7) 6:00

&8 Step ball of R slightly behind L (&), Step L fw (8)

9 – 16 Step, 1/4 Paddle (2x), Side, Side, Hold, Side Body Rolls (R & L)

1-3 Step fw on R (1), 1/4 Paddle turn R step ball of L to L side, (2)

1/4 Paddle turn R step ball of L to L side (3) 12:00

4-6 Step L to L side (4), Step R to R side (5), Hold (6)

7-8 Side body roll to R (7), Side body roll to L weight ending on L (8)

Easy Option: Shift weight to R and raise R shoulder up while dropping L Shoulder (7),

Shift weight to L and raise L shoulder up while dropping R Shoulder (8)

17 – 24 Step, Step, Mash Potato, Behind, Unwind, Ball, Step, Step

1-2 Step fw on R (1), Step fw on L (2)

3&4 Touch R toe fw turning both heels in (3), Swiveling both heels out and swing R to R side (&), Swivel both heels in and step R slightly behind L (4)

5, 6 Touch ball of L behind R (5), Unwind 3/4 L ending with weight on L (6) 3:00

Styling Option (6): Delay 3/4 unwind until almost at the end of count and then unwind quickly

&7-8 Step ball of R in place (&), Step L fw (7), Step R fw (8)

25 – 32 Step, Scuff-Hitch, Back, Heels Up & Down, 1/4, Hold, 1/2, 1/2

1,2&3&4 Step L fw (1), Scuff R fw (2), Hitch R (&), Step R back (3), Lift both heels (&),

Step both heels down with weight ending on R (4)

5-6 1/4 turn L step L fw (5), Hold (6) 12:00

7-8 1/2 turn L stepping back on R (7), 1/2 turn L step fw on L (8) 12:00

*Restart on Wall 3 after here

33 – 40 Slow Walk (2x), Step, Forward Mambo, Back, Together

1-4 Step fw on R cross L (1), Drag L to R (2), Step fw on L cross R (3), Drag R to L (4)

5,6&7&8 Step fw on R (5), Rock fw on L (6), Recover on R (&), Large step back on L (7), Step R next to L (8)

41 – 48 1/4 Scissor Cross, Side, Behind, 1/4, Full Turn Pirouette, Step

1-4 1/4 turn R step L to L side (1), Step R next to L (2), Cross L over R (3), Step R to R side (4) 3:00

5-6 Step L behind R (5), 1/4 turn R stepping fw on ball of R (6) (prep for turn) 6:00

7-8 Full turn R on ball of R tucking L foot behind R calf/ankle (7), Step down on L (8) 6:00
(shoulder width apart from R)

Option: 2 1/4 Turn Option for Wall 5 (6-8): Double pirouette (6-7), Step down on L continue 1/4 turn R (8)

Restart On Wall 3, dance up to count 32 (facing 12:00) then start Wall 4 facing 12:00

Ending After count 32 of Wall 7, continue turning another 1/2 turn L on L and then step R together with L to face 12:00

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