

# One Day

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Julia Wetzel (April, 2012)

Music: One Day by Charice (Single: One Day) 3:13min

**Intro: 16 counts (approx. 10 seconds into track) V1.3**

**[1 – 8] Out, Out, Hold, Ball, Cross  $\frac{1}{4}$ ,  $\frac{1}{4}$ , Hold, Ball, Step**

1-2 Step R to R side (1), Step L to L side (2) 12:00  
3&4 Hold (3), Step ball of R slightly behind L (&), Cross L over R (4) 12:00  
5-7  $\frac{1}{4}$  turn L step back on R (5),  $\frac{1}{4}$  turn L step fw on L (6), Hold (7) 6:00  
&8 Step ball of R slightly behind L (&), Step L fw (8) 6:00

**[9 – 16] Step,  $\frac{1}{4}$  Paddle (2x), Side, Side, Hold, Side Body Rolls (R & L)**

1-3 Step fw on R (1),  $\frac{1}{4}$  Paddle turn R step ball of L to L side, (2)  $\frac{1}{4}$  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) 12:00  
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) 12:00**

**[17 – 24] Step, Step, Mash Potato, Behind, Unwind, Ball, Step, Step**

1-2 Step fw on R (1), Step fw on L (2) 12:00  
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) 12:00  
5, 6 Touch ball of L behind R (5), Unwind  $\frac{3}{4}$  L ending with weight on L (6)  
**Styling Option (6): Delay  $\frac{3}{4}$  unwind until almost at the end of count and then unwind quickly 3:00**  
&7-8 Step ball of R in place (&), Step L fw (7), Step R fw (8) 3:00

**[25 – 32] Step, Scuff-Hitch, Back, Heels Up & Down,  $\frac{1}{4}$ , Hold,  $\frac{1}{2}$ ,  $\frac{1}{2}$**

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) 3:00  
5-6  $\frac{1}{4}$  turn L step L fw (5), Hold (6) 12:00  
7-8  $\frac{1}{2}$  turn L stepping back on R (7),  $\frac{1}{2}$  turn L step fw on L (8)

**\*Restart on Wall 3 after here 12:00**

**[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) 12:00  
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) 12:00

**[41 – 48]  $\frac{1}{4}$  Scissor Cross, Side, Behind,  $\frac{1}{4}$ , Full Turn Pirouette, Step**

1-4  $\frac{1}{4}$  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),  $\frac{1}{4}$  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) (shoulder width apart from R)  
  
2 $\frac{1}{4}$  Turn Option for Wall5 (6-8): Double pirouette (6-7), Step down on L continue  $\frac{1}{4}$  turn R (8) 6:00

**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  $\frac{1}{2}$  turn L on L and then step R together with L to face 12:00**

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