

# ONE SWEET DAY

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Niels Poulsen (DK) Oct 08

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

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

**Note: This dance is written in memory of the late Claudia from Hong Kong. We will miss you!**

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

**(1 - 8) ¼ Sweep, Jazz ½, Step ½ Turn, ¼ Turn, Behind Turn ½ With Sweep, Run Run**

- 1** Turn ¼ 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 ½ R stepping fw on R [3:00]
- 4&5** Step fw L, turn ½ R stepping fw onto R, turn ¼ R stepping L to L side [12:00]
- 6&7** Cross R behind L, turn ¼ L stepping fw on L, turn ¼ 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, 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 ¼ R, cross rock L over R [7:30]
- 4&5** Recover weight back to R, turn 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, 3/8 Turn R, ¼ Side Rock, Cross, ¼ 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 3/8 R stepping fw on R [9:00]
- 4&5** Turn ¼ R rocking L to L side, recover R, cross L over R [12:00]
- 6&7** Turn ¼ 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, ¼ R, Jazz Box ¼ 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 ¼ R stepping R fw and sweeping L around [12:00]

**8&** Cross L over R, turn ¼ L stepping back on R (getting ready to start from the top turning another ¼ L) [9:00]

**Begin Again!**