

Day One

Montse Moscardó

64 counts , 2 wall , 3 TAG's , 1 restart.

Music: One Day by Triston Marez

TAG1 = (12:00) – 24 c at the end 2nd sq

TAG2 = (6:00) – 16 c at the end 4th sq

TAG3 = (12:00)- 16 c + 4 holds ,at the end 6th sq

3rs sequence only 40c & restart

7th last sq only 32 c + final slide (2c).

Intro : 8 beats

STEPS DESCRIPTION

1-8 ROCK SIDE (R) – ROCK CROSS FWD – ROCK SIDE – CROSS – HOLD

1-2 Step right to the right side, recover on left

3-4 Step right crossed over left, recover on left

5-6 Step right to the right side, recover on left

7-8 Step right crossed over left, hold

9-16 [STEPS BACK with FEET APART – CROSS] x2 – ROCK FWD (L)

1-2 Step back and left with left, step back and right with right

3-4 Step left crossed over right, step back and right with right

5-6 Step back and left with left, step forward and right with right

7-8 Step left forward, recover on right

17-24 ½ TURN L and ROCK FWD (L) – ½ TURN L – SCUFF (R) – STEP FWD – TOE CROSS BACK (L) – STEP

BACK – CLOSE

1-2 ½ turn left stepping left forward, recover on right

3-4 ½ turn left stepping left forward, scuff right

5-6 Step right forward, touch left toe crossed behind right

7-8 Step left back, step right beside left without weight

25-32 POINT SIDE (R) – TOUCH – POINT SIDE – HOLD – SLOW COASTER ¼ TURN R – TOE CROSS BACK (L)

1-2 Point right toe to the right side, touch right toe beside left

3-4 Point right toe to the right side, hold

5-6 ¼ turn right stepping right back, step left beside right (03.00)

7-8 Step right forward, touch left toe behind right

33-40 JUMPING ROCK BACK (R) – ROCK FWD – ¾ TURN L – STOMP (R) – HOLD

1-2 Jumping step left back, recover on right

3-4 Step left forward, recover on right

5-6 ¾ turn left in two beats

7-8 Stomp right beside left, hold

• **During wall 3 dance up to count 40 and start again looking at 12.00**

41-48 GRAPEVINE R ending CROSS – ROCK SIDE – CROSS – HOLD

1-2 Step right to the right side, left crossed behind right

3-4 Step right to the right side, left crossed over right

5-6 Step right to the right side, recover on left

7-8 Step right crossed over left, hold

49-56 SIDE (L) – ½ TURN R – STEP FWD (L) – TOE CROSS BACK (R) – STEP BACK – ½ TURN L - STEP FWD (R) – TOE CROSS BACK (L)

1-2 Step left to the left side, ½ turn right stepping right forward (12.00)

3-4 Step left forward, touch right toe behind left

5-6 Step right back, ½ turn left stepping left forward (06.00)

7-8 Step right forward, touch left toe crossed behind right

57-64 STEP LOCK STEP BWD (L) – HOOK OVER (R) – LONG STEP FWD – SLIDE (L) – STOMP – HOLD

1-2 Step left back, step right crossed over left

3-4 Step left back, hook right over left

5-6 Long step right forward, slide left towards right

7-8 Stomp left beside right, hold

START AGAIN

TAG 1

At the end of wall 2 looking at 12.00 we will add 24 steps and continue with wall 3 looking at 06.00 :

1-8 GRAPEVINE TO RIGHT – GRAPEVINE TO LEFT ½ TURN L

1-2 Step right to the right, step left crossed behind right

3-4 Step right to the right side, scuff left

5-6 Step left to the left side, step right crossed behind left

7-8 Step left to the left side, ½ turn left scuffing right (06.00)

9-16 GRAPEVINES (R – L)

1-2 Step right to the right side, step left crossed behind right

3-4 Step right to the right side, scuff left

5-6 Step left to the left side, step right crossed behind left

7-8 Step left to the left side, scuff right

• These first steps are TAG 2

17-24 ROCK FWD (R) – STEP BACK – HOLD – ½ TURN L and ROCK FWD – ½ TURN L – HOLD

1-2 Step right forward, recover on left

3-4 Step right back , hold

5-6 ½ turn left stepping left forward, recover on right

7-8 ½ turn left stepping left forward, hold

TAG 2

At the end of wall 4 looking at 06.00 and 6 looking at 12.00 we will add 16 steps :

Are the first 16 steps og TAG 1

Performed 2nd TAG 2 looking at 12.00 we will do 4 HOLDS

FINAL

During wall 7, the last one, dance up to count 32 and add 2 steps to finish the dance looking at 09.00 :

1-2 LONG STEP BACK (L) – SLIDE and SALUTE

1-2 Long step left back, slide right towards left while we salut