

One More Day

Choreographed by **Julia Wetzel**
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Type of dance: 32 counts, 4 walls, Intermediate Line Dance
Music: One More Day by Diamond Rio (Album: One More Day, Length: 3:36)
Intro: 18 counts (approx. 19 seconds into track)

Counts	Footwork	Facing
1 - 8	Fw Rock, ½, Fw Rock, ½, ¼ Sweep , Behind, Side, Cross, Side Rock, Cross	
1, 2&	Rock R fw (1), Recover on L (2), ½ Turn right step R fw (&)	6:00
3, 4&5	Rock L fw (3), Recover on R (4), ½ Turn left step L fw (&), ¼ Turn left step R to right side sweep L from front to back (5)	9:00
6&7&8&	Step L behind R (6), Step R to right side (&), Cross L over R (7), Rock R to right side (&), Recover on L (8), Cross R over L (&)	9:00
9 - 17	L Basic, R Basic, ¾ , Run, Mambo Sweep	
1, 2&	Step L to left side (1), Close R behind L (2), Cross L over R (&)	9:00
3, 4&	Step R to right side (3), Close L behind R (2), Cross R over L (&)	9:00
5, 6&	¼ Turn right step L back and continue another ½ turn right on ball of L (total = ¾ spiral turn) (5), Step R fw (6), Step L fw (&)	6:00
	*Restart on Wall 3 after here ~ see description below ~	
7, 8&1	Step R fw (7), Rock L fw (8), Recover on R (&), Step L back sweep R from front to back (1)	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 (2)	6:00
3&4&5	Step L behind R (3), Rock R to right side (&), Recover on L (4), Step R behind L (&), ¼ Turn left step L fw (5)	3:00
6 - 7	½ Turn left step R back (6), ½ Turn left step L fw sweep R from back to front (7) Easy Option: Step R fw sweep L from back to front (6), Step L fw sweep R from back to front (7)	3:00
8&1	Cross R over L (8), Step L to left side (&), Rock R behind L opening body to right diag. (1)	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 (2)	3:00
3&4&5	Rock R fw slightly across L (3), Recover on L (&), Rock R to right side (4), Recover on L (&), Step R back small sweep L from front to back (5)	3:00
6&7	Step L back (6), ½ Turn right step R fw (&), Step L fw and spiral full turn right on L (7) Easy option: Step L fw (7)	9:00
8&	Step R fw (8), 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 (1)	