



# ONE DAY

**Chorégraphe :** Séverine FILLON  
**Description :** Celtic Line Dance - 32 comptes - 4 murs - 1 Bridge  
**Niveau :** Débutant  
**Musique :** One Day / PERFECT FRICTION

**Intro :** 16 comptes

## 1-8 SHUFFLE FWD, BRUSH FWD - BRUSH BACK, SHUFFLE FWD, BRUSH FWD – BRUSH BACK

1&2 Shuffle right left right fwd  
3-4 Brush left ball fwd, Brush left ball backward cross over right leg  
5&6 Shuffle left right left fwd  
7-8 Brush right ball fwd, Brush right ball backward cross over left leg

## 9-16 SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND, 1/4 TURN, FWD

1-2 Rock step right to right side, recover on left  
3&4 Right cross behind left, left to left, right cross over left  
5-6 Rock step left to left side, recover on right  
7&8 Left cross behind right, 1/4 turn right stepping right fwd, left fwd 03:00

## 17-24 STOMP FWD, RIGHT TOE FAN, HEEL SWITCH, CLAP CLAP

**Option style for counts 1 to 7 : hands on waist**

1-2 Stomp right fwd (right toe turn to left), swivel right toe to the right  
3&4 Swivel right toe to the left, to the right, to the left (keep weight on left)  
5&6 Touch right heel fwd, recover on right next to left, Touch left heel fwd  
&7 Recover on left next to right, Touch right heel fwd  
&8 Clap Clap

## 25-32 LARGE SIDE STEP, SLIDE (with arms), CROSS, UNWIND 1/2 TURN (X 2)

1-2 Large side step to the right, Slide left next to right  
**Option style for counts 1-2 & 5-6 : Bring both arms up to shoulder level, left arm extended to left, right arm bent across body and turn your head to the left.**  
3-4 Left cross over right, unwind 1/2 turn right (ending weight on left) 09:00  
5-6 Large side step to the right, Slide left next to right  
7-8 Left cross over right, unwind 1/2 turn right (ending weight on left) 03:00

**Pont : 32 counts (At the end of wall 7 at 09 :00) then start again the dance at 03:00**

1-8 Large right step to right side, Slide left (1-4), Large left step to left side, Slide right (5-8)  
9-16 Large right step, Slide left (1-4), 1/4 turn right & Large left step, Slide right (5-8) 12:00  
17-24 Large right step, Slide left (1-4), 1/4 turn right & Large left step, Slide right (5-8) 03:00  
25-32 Large right step, Slide left (1-4), Large left step, Slide right (5-8)

**Reprendre en vous amusant ! ! ! ! Soyez « Funny »**