

One night a day

Classic Line Dance - Novice B

Updated – 17-01-2023



Dance Style : Smooth (Nightclub)
Description : 32 Counts, 2 Wall
Choreographer : Giorgia Rizzardi
Music : "One night a day" – Garth Brooks (118 bpm)

STEP FORWARD, SWEEP FWD TURN ¼, STEP TURN ½, TURN ¼ STEP SIDE, CROSS BEHIND, BASIC, SYNCOPATED SWAY.

- 1 RF Step forward.
LF Start Sweep from back to front.
2 LF Turn ¼ to R and step LF forward (03:00).
3 RF Turn ½ to R and step forward (09:00).
4 LF Turn ¼ to R, Step to L side (12:00).
& RF Cross behind RF.
5 LF Step to L side.
6 RF Step together.
& LF Cross over.
7 RF Sway to R side, weight on RF.
8 LF Sway to L side, weight on LF.
& RF Sway to R side, weight on RF.

TURN ⅛ R, CHECK, RECOVER WEIGHT, HOOK OVER ANKLE TURN ¼ L, CHAINE TURN L, LUNGE, STEP TURN ½ L, SPIRAL LEFT

- 9 LF Turn ⅛ R, Contra Check (LF forward) (01:30).
10 RF Recover weight on RF.
11 LF Hook over right ankle.
LF Turn ¼ L (10:30).
12 LF Step forward (prepare for turn).
& RF Step together turn ¾ L (01:30).
13 LF Turn ¼ L (10:30).
Lunge with L leg forward and straight R leg.
14 RF Step forward, turn ½ L (04:30).
15 LF Weight on LF.
16 RF Spiral full turn L. End with weight on LF.

BASIC DIAGONAL, STEP TURN ⅜ SWEEP FORWARD, STEP SIDE, CROSS BEHIND, BASIC, SYNCOPATED SWAY.

- 17 RF Step side R (face 04:30).
18 LF Step together.
& RF Cross over.
19 LF Turn Step forward turn ⅜ L (12:00).
RF Sweep from back to side.
20 RF Turn step to R side.
& LF Cross behind RF.
21 RF Step to R side.
22 LF Step together.
& RF Cross over.
23 LF Sway to L side, weight on LF.
24 RF Sway to R side, weight on RF.
& LF Sway to L side, weight on LF.

TURN ⅛ L, CHECK, RECOVER WEIGHT, HOOK OVER ANKLE TURN ¼ R, CHAINE TURN R, LUNGE, STEP TURN ½ R, ⅜ SPIRAL R, STEP TURN ½.

- 25 RF Turn ⅛ L Contra Check (RF forward) (10:30).
26 LF Recover weight on LF.
27 RF Hook over L ankle.
LF Turn ¼ R (01:30).
28 RF Step forward (prepare for turn).
& LF Step together turn ¾ R (10:30).
29 RF Turn ¼ R (01:30).
RF Lunge with R leg forward and L leg straight.
30 LF Step forward turn ½ R (07:30).
31 RF Weight on RF.
32 LF ⅜ Spiral R, start with high knee end at 12:00.
& LF Step turn ½ R, weight on LF (06:00).