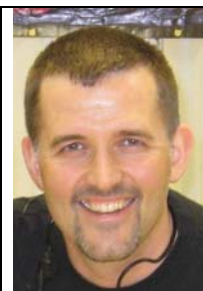


One Sweet Day

Choreographer: Niels B. Poulsen (Denmark)

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Date of choreography: October 16, 2008 (release Nov. 2008)



Type of dance: 32 counts. 4 walls. Night club 2 step (66 bpm)

Level: Intermediate

Music: Boyz 2 Men and Mariah Carey 'One Sweet Day'.

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

| Counts | Footwork | End facing |
|-------------------------------|--|------------|
| 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 |
| &&& | 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 (<i>getting ready to start from the top turning another ¼ L</i>) | 9:00 |
| <i>Begin again!...</i> | | |