

ONE FINE DAY

SONG: "KEEP ON RUNNING" by THE SPENCER DAVIS GROUP.
ALBUM: "REVOLUTIONS : THE BEST OF STEVE WINWOOD" (Remastered)
ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.
CHOREOGRAPHER: AMANDA BOWDEN & GORDON ELLIOTT. AUST. April 2013.

BEATS	STEPS: This dance is done in FOUR directions. Introduction: 40 Beats on vocals
1, 2 3, 4 5, 6 7, 8	<p>FORWARD, FORWARD, FORWARD, KICK, BACK, TOUCH, FORWARD, KICK STEP R FORWARD, STEP L FORWARD, STEP R FORWARD, KICK L FORWARD, STEP L BACK, TOUCH R TOE BACK, STEP R FORWARD, KICK L FORWARD.</p> 
1, 2, 3 4 5, 6 7, 8	<p>SLOW COASTER, SCUFF, PIVOT TURN, FORWARD, HOLD SLOW COASTER : STEP L BACK, STEP R TOGETHER, STEP L FORWARD, SCUFF R FORWARD, PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L, STEP R FORWARD, HOLD.</p>
1, 2& 3, 4& 5, 6& 7, 8	<p>DOROTHY STEP, DOROTHY STEP, DOROTHY STEP, FORWARD, ROCK STEP L FORWARD AT 45° LEFT, LOCK R BEHIND LEFT, STEP L TOGETHER, STEP R FORWARD AT 45° RIGHT, LOCK L BEHIND RIGHT, STEP R TOGETHER, STEP L FORWARD AT 45° LEFT, LOCK R BEHIND LEFT, STEP L TOGETHER, STEP R FORWARD, ROCK BACK ONTO L.</p>
1 & 2 3 & 4 5 & 6 7, 8 ##	<p>SAILOR STEP, SAILOR STEP, SAILOR STEP, FORWARD, SCUFF SAILOR : STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R TO THE SIDE, SAILOR : STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L TO THE SIDE, SAILOR : STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R TO THE SIDE, STEP L FORWARD, SCUFF R FORWARD.</p>
1, 2 3, 4 # 5, 6 7, 8 **	<p>TOE STRUT, 1/4 TOE STRUT, HIP, HIP, HIP, HIP STRUT : STEP R TOE FORWARD, DROP R HEEL TO THE FLOOR, STRUT : TURN 90° LEFT STEP L TOE FORWARD, DROP L HEEL TO THE FLOOR, STEP R TO THE SIDE PUSH HIPS TO THE RIGHT, PUSH HIPS TO THE LEFT, PUSH HIPS TO THE RIGHT, PUSH HIPS TO THE LEFT.</p>
40	REPEAT THE DANCE IN NEW DIRECTION
1, 2 3, 4	<p>TAG : At the END (**) of WALL 1 (3.00) add the following tag STEP R FORWARD AT 45° RIGHT, STEP L FORWARD AT 45° LEFT, STEP R BACK TO THE CENTRE, STEP L TOGETHER</p> <p>RESTART : On WALL 3 & WALL 6 dance to BEAT 32 (##) & RESTART to the 6.00 & 12.00 respectively.</p>