

# One More Day

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Music: "One More Day" by Diamond Rio, Available for download on Napster and other sites  
Rhythm: Slow Two Step Phase IV + 1 Footwork: Opposite or as noted  
Sequence: Intro - A - B - Intro(mod) - A - B(mod) - B - C - End (end is intro modified again)

## INTRO

### MEAS

1-4

#### WAIT ;; LUNGE BASICS ;;

- 1-2 Wait in BFLY WALL ;;  
3-4 {Lunge Basics} Sd L,, rec R, XLIFR; Sd R,, rec L, XRIFL to BFLY WALL;

5-8

#### UNDEARM TURN ; BASIC ENDING TO BJO WALL ; WHEEL 6 ;;

- 5 {UnderArm Turn} Sd L,, XRIBL, Rec L ( sd R,, XLIFR turning RF under joined lead hands, fwd R finishing RF turn to fc ptr);  
6 {Basic Ending to BJO Wall} Sd R,, XLIBR, rec R with slightly larger than normal step and upper body rotation twd DRW (sd L,, XRIBL, rec L) to BJO WALL;  
7-8 {Wheel 6} Fwd L turning RF to fc DRW,, fwd R continuing RF turn to face DRC, fwd L continuing RF turn to fc COH; Fwd R continuing RF turn to face DLC,, fwd L continuing RF turn to face DLW, fwd R continuing RF turn to face WALL;

9

#### RIFF TURN;

- SS 9 {Riff Turn} Sd L,, close R to L, (sd and fwd R preparing to spin RF,, close L to R spinning RF completing one full turn under joined lead hands,) to CP WALL;

## PART A

1-4

#### BASICS ;; RIGHT TURN w/OUTSIDE ROLL ; BASIC ENDING :

- 1-2 {Basics} Sd L,, XRIBL, Rec L; Sd R,, XLIBR, rec R commencing a manuver action ;  
3 {Rt Turn w/Outside Roll} Sd & bk L stay fc RLOD,, sd & bk R trng RF to fc COH lead W under joined lead hands, XLIFR fc COH (W fwd R LOD comm RF twirl under joined lead hands,, twirl L, R to fc Wall);  
4 {Basic Ending} Sd R, XLIBR, rec L to BFLY COH;

5-8

#### TIME STEPS ;; OPEN BASICS ;;

- 5-6 {Time Steps} Releasing hands from BFLY pos sd L,, XRIBL , rec L; Sd R,, XLIBR, rec R fc COH;  
7-8 {Open Basic} Sd L turning to L HOP,, rk bk R, rec L to fc ptr; Sd R turning to R HOP,, rk kb L, rec r joining lead hands;

9-12

#### LACE ACROSS AND BACK ;; BASIC ; LACE ACROSS ;

- 9-10 {Lace X and Back} Fwd L toward DRC leading W to XIF of M under joined lead hands,, fwd R toward RLOD, fwd L extending R hand to join W L hand; Releasing lead hands fwd R toward DRW leading W to XIF of M under joined trail hands,, fwd L toward RLOD, fwd R turning to fc ptr ;  
11 {Basic} Blending briefly to BFLY COH sd L,, XRIBL, rec L;  
12 {Lace X} Releasing lead hands fwd R toward DLC leading W to XIF of M under joined trail hands,, fwd L toward LOD, fwd R extending L hand to join W R hand;

13-16

#### AND BACK ; BASIC ENDING ; BASIC STACK RT OVER LEFT ; OP BREAK w/ARMS :

- 13 {and Back} Releasing joined trail hands fwd L toward DLW leading W to XIF of M under joined lead hands,, fwd R toward LOD, fwd L turning to fc ptr to BFLY COH;  
14 {Basic Ening} Sd R,, XLIBR, rec R;  
15 {Basic stack Rt over Left} Sd L stacking R hand over L,, XRIBL, rec R;  
16 {Op Break w/Arms} Sd R,,rk bk L raising R arms straight up and back, rec R lowering rt arm ;

**PART B****1-4 LEFT PASS w/UNDERARM TURN to FC ; OP BREAK w/ARMS ; LEFT PASS w/UNDERARM TURN to FC ; OP BREAK ;**

- 1 {Left Pass w/UnderArm Turn to Face} Fwd L leading W to pass to M L,, fwd R turning to LF fc ptr, rec L to ptr (fwd R passing to M L,, fwd L turning RF under joined L hands, rec R to ptr) to brief stacked R over L fc WALL;
- 2 {Op Break w/Arms} Sd R,,rk bk L raising R arms straight up and back, rec R lowering rt arm ;
- 3 {Left Pass w/UnderArm Turn to Face} Fwd L leading W to pass to M L,, fwd R turning to LF fc ptr, rec L to ptr (fwd R passing to M L,, fwd L turning RF under joined L hands, rec R to ptr) to stacked R over L fc COH;
- 4 {Op Break} Sd R;; rk bk L, rec R;

**5-8 LADY ROLL to VARSOUVIANNE ; MODIFIED FLIRT ;; LADY OUT and TOUCH w/ARM EXPLOSION ;**

- 5 {Lady Roll to Vars} Small sd L leading W fwd for turn to Vars,, rk bk R, rec L (fwd R turning LF into Vars,, rk bk L, rec R) to Vars COH;
- 6-7 {Modified Flirt} Sd R leading W to XIF of M to Left Vars,, rk bk L, rec R; Sd L leading W to XIF of M to Vars;; rk bk R, rec L;
- 8 {Lady Out and Tch} Fwd R leading W fwd out of Vars,, tch L leading woman to turn RF, (fwd L,, turn RF sharply to fc M and tch R,) with hands low and bring arms sharply straight up with palms out on volcalist saying "again";

**9-14 (finish arm explosion) ;; BASICS ;; LEFT TURN w/INSIDE ROLL ; BASIC ENDING ;**

- 9-10 {finish arm explosion} Allow arms to sweep down and away from body with palms down blending to CP COH;;
- 11-12 {Basics} Sd L,, XRIBL, rec L; Sd R,, XLIBR, rec R beginning pick-up action to RLOD;
- 13 {Left Turn w/Inside Roll} Fwd L turning LF to fc WALL,, sd R, XLIFR toward RLOD (bk R turning LF,, sd L turning LF under joined lead hands, continue LF turn to fc ptr) CP WALL;
- 14 {Basic Ening} Sd R,, XLIBR, rec R to CP WALL;

*\* Second time through Part B has 2 extra measures and is modified with:*

**15-16 BASIC STACK RT OVER LEFT ; OP BREAK w/ARMS ;**

15-16 REPAT MEASURES 15-16 of PART A

*\* Third time through Part B is same as first but ending directions are opposite*

**INTRO (mod)****1-9 BASICS ;; LUNGE BASICS ;; UNDEARM TURN ; BASIC ENDING TO BJO WALL ; WHEEL 6 ;; RIFF TURN;**

- 1-2 {Basics} Sd L,, XRIBL, rec L; Sd R,, XLIBR, rec R to BFLY WALL;
- 3-9 REPAT MEASURES 3 - 9 of INTRO

**PART C****1-4 SWITCHES ;; LEFT TURN w/INSIDE ROLL ; BASIC ENDING ;**

- 1-2 {Switches} M XIFW Sd L toward RLOD trn to HLOP,, fwd R, fwd L (fwd R, -, fwd L, fwd R comm to XIFM); Fwd R toward RLOD ( WXIFM sd L trn to HOP),, fwd L, fwd R beginning pickup action;
- 3-4 REPEAT MEASURES 13-14 OF PART B

**5-8 SWITCHES ;; LEFT TURN w/INSIDE ROLL ; BASIC ENDING ;**

- 5-8 REPEAT MEASURES 1-4 WITH OPPOSITE ENDING DIRECTIONS.

**9-10 SWITCHES w/CUDDLE ENDING ;;**

- 9-10 {Switches w/Cuddle Ending} M XIFW Sd L toward RLOD trn to HLOP,, fwd R, fwd L (fwd R, -, fwd L, fwd R comm to XIFM); Fwd R toward RLOD ( WXIFM sd L trn to HOP),, fwd and sd L to fc ptr, close R to L in cuddle pos COH;

1-10

**LADY CARESS ;; LUNGE BASICS ;;**  
**UNDEARM TURN ; BASIC ENDING TO BJO WALL ; WHEEL 6 ;;**  
**RIFF TURN ; LEG CRAWL w/CARESS ;**

- 1-2 {Lady Caress} In Cuddle pos L caresses M face with R hand blending to BFLY COH ;;
- 3-9 REPAT MEASURES 3 - 9 of INTRO to CP COH
- 10 {Leg Crawl w/Caress} Bk L,,turn upper body LF to lead W to leg crawl, M caress W R arm (W caress M face);

**HEAD CUES**

- Intro: BFLY WALL Wait ;; Lunge Basics ;;  
UnderArm Turn ; Basic Ending (BJO WALL) ; Wheel 6 ;;  
Riff Turn ;
- A: Basics ;; Rt Turn Outside Roll ; Basic Ending (COH) ;  
Time Steps ;; Op Basics (lead hands) ;;  
Lace X and Back (BFLY) ;; Basic (Trail Hands) ; Lace X ;  
and Back ; Basic End (COH) ;  
Basic (stack right over left) ; Op Break w/Arms ;
- B: Left Pass w/UnderArm Turn ; Op Break w/Arms ;  
Left Pass w/UnderArm Turn ; Op Break ;  
Lady Roll to Vars ; Modified Flirt ;; Lady out and Tch w/Arm Explosion ;  
;; Basics ;;  
Left Turn w/Inside Roll ; Basic Ending (WALL) ;
- Intro: Basics ;; Lunge Basics ;;  
(mod) UnderArm Turn ; Basic Ending (BJO WALL) ; Wheel 6 ;;  
Riff Turn ;
- A: Basics ;; Rt Turn Outside Roll ; Basic Ending (COH) ;  
Time Steps ;; Op Basics (lead hands) ;;  
Lace X and Back (BFLY) ;; Basic (Trail Hands) ; Lace X ;  
and Back ; Basic End (COH) ;  
Basic (stack right over left) ; Op Break w/Arms ;
- B: Left Pass w/UnderArm Turn ; Op Break w/Arms ;  
Left Pass w/UnderArm Turn ; Op Break ;  
Lady Roll to Vars ; Modified Flirt ;; Lady out and Tch w/Arm Explosion ;  
;; Basics ;;  
Left Turn w/Inside Roll ; Basic Ending (WALL) ;  
Basic (stack right over left) ;Op Break w/Arms ;
- B: Left Pass w/UnderArm Turn ; Op Break w/Arms ;  
Left Pass w/UnderArm Turn ; Op Break ;  
Lady Roll to Vars ; Modified Flirt ;; Lady out and Tch w/Arm Explosion ;  
;; Basics ;;  
Left Turn w/Inside Roll ; Basic Ending (COH) ;
- C: Switches ;; Left Turn w/Inside Roll ;;  
Switches ;; Left Turn w/Inside Roll ;;  
Switches w/Cuddle Ending (COH) ;;
- End: Lady Caress ;; Lunge Basics ;;  
UnderArm Turn ; Basic Ending (BJO COH) ; Wheel 6 ;;  
Riff Turn ; Dip w/Leg Crawl and Caress ;