



# ☆☆ THE DAY ONE ☆☆



**Choreographer** : Marianne Langagne (Fr) (10.09.2025)  
**Walls** : 4 Walls  
**Counts** : 48 Counts – 2 Restarts (3<sup>rd</sup> & 5<sup>th</sup> Walls)  
**Level** : Improver  
**Music** : Day One - Adam Doleac Feat. Madeline Merlo  
**Intro** : 16 Counts

## **Section 1 ROCK STEP, SHUFFLE BACK, ROCK BACK, SHUFFLE FWD**

1 – 2 RF Rwd, Recover on LF  
3 & 4 RF Back Together, RF Back  
5 & 6 LF Back, Recover on RF  
7 & 8 LF Fwd, Together, LF Fwd

## **Section 2 TOE STRUT, KICK BALL STEP, ROCK STEP, ¼ TURN CHASSE L**

1 -2 R Toe Fwd, R Heel Down (weight on RF)  
3 & 4 Kick LF Fwd, Together, RF Fwd  
5 – 6 LF Fwd, Recover on RF  
7 & 8 ¼ Turn L – LF to the L, Together, LF to the L (9.00)

## **Section 3 CROSS, SIDE, DIAGONALLY BEHIND, FLICK, SLOW CROSS SHUFFLE, POINT R TO R**

1 – 2 Cross RF over LF, LF to the L  
3 – 4 RF Diagonal Back (10.30) , Flick LF to the L  
5 – 6 – 7 Cross LF over RF (9.00), RF to the R, Cross LF over RF  
8 R Point to the R

## **Section 4 JAZZ BOX ¼ TURN R, JAZZ BOX**

1 – 2 – 3 – 4 Cross RF over LF, LF Back in ¼ Turn R, RF to the R, LF Fwd (12.00)  
5 – 6 – 7 – 8 Cross RF over LF, LF Back, RF to the R, LF Fwd

**HERE – RESTART 1 (3<sup>rd</sup> Wall Facing 6.00)**

## **Section 5 ROCK STEP, ¼ TURN R SIDE, POINT L TO L, STEP FWD , POINT R TO R, TOGETHER , RECOVER**

1 – 2 RF Fwd, Recover on LF  
3 – 4 ¼ Turn R – RF to the R, L Point to the L (3.00)  
5 – 6 LF Fwd, R Point to the R  
7 – 8 Together (weight on RF), Recover LF

**HERE – RESTART 2 (5<sup>th</sup> Wall Facing 12.00)**

## **Section 6 CROSS ROCK, CHASSE TO R, CROSS ROCK , CHASSE TO L**

1 – 2 Cross RF over LF, Recover on LF  
3 & 4 RF to the R, Together, RF to the R  
5 – 6 Cross LF over RF, Recover on RF  
7 & 8 LF to the L, Together, LF to the L

*Dancez et Amusez-vous !!!!*