



Dance: **One Less Day**  
 Type: 32 Count, 4 Wall, Improver  
 Choreographer: Tom Glover (AUS), May 2019  
 Choreographed to: One Less Day (Dying Young) by Rob Thomas (112 bpm, 3:03 min)

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Intro: Start after count 32

**Section 1 (Side Rock, Cross Shuffle) x 2**

1,2	Rock to side on right. Recover on left	Side rock
3&4	Cross right over left. Step left to left side. Cross right over left	Cross shuffle
5,6	Rock to side on left. Recover on right	Side rock
7&8*	Cross left over right. Step right to right side. Cross left over right	Cross shuffle

**Section 2 Side, 1/4 Turn, 1/4 Chasse Right, Behind, 1/4 Turn, Step Pivot 1/2**

1,2	Step right to right side. Turn 1/4 left stepping left to left side (9:00)	Side, turn
3&	Turn 1/4 left stepping right to right side (6:00). Step left beside right	Turn chasse
4 @	Step right to right side	
5,6	Cross left behind right. Step right 1/4 turn right (9:00)	Behind, turn
7,8	Step left forward. Pivot 1/2 turn right (3:00)	Step, pivot
	<i>Non-turning steps 5-8: Behind, Side, Back Rock 1/4 Turn</i>	
5,6	<i>Cross left behind right. Step right to right side</i>	<i>Behind, side</i>
7,8	<i>Rock back on left. Turn 1/4 left recovering on right (3:00)</i>	<i>Rock, turn</i>

**Section 3 Step Touch x 2, Forward Rock, Back Shuffle**

1,2	Step left forward on diagonal (1:30). Touch right beside left	Step, touch
3,4	Step right forward on diagonal (4:30). Touch left beside right	Step, touch
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Step left back. Step right beside left. Step left back	Back shuffle

**Section 4 Back Rock, Kick-Ball Change, Walk x 2, Kick-Ball Cross**

1,2	Rock back on right. Recover on left	Back rock
3&4	Kick right forward. Step ball of right beside left. Step left in place	Kick-ball change
5,6	Walk forward stepping right, left	Walk, walk
7&8	Kick right forward. Step ball of right beside left. Cross left over right	Kick-ball cross

**Restart** \* Wall 5 (12:00) after 8 Counts (restart facing 12:00)

\* Wall 7 (3:00) after 8 Counts (restart facing 3:00)

**Ending** @ Wall 11 (12:00) after 12 Counts (facing 6:00)

**Behind, 1/4 Turn, Step Pivot 1/4, Close**

5,6	Cross left behind right. Step right 1/4 turn right (9:00)	Behind, turn
7,8,1	Step left forward. Pivot 1/4 turn right (12:00). Step left beside right	Step, pivot, close

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