

Each Day

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Gregory Danvoie (BEL) - November 2025

Music: Each Day - The Squeeze

Section 1: Step fwd with 1/4 turn + make at the same time a sweep fwd in the air with 1/2 turn, press fwd, recover with a sweep back in the air, sit back rock, recover, rock fwd, recover, step back with drag, step back, side-step with 1/4 turn

1-2 RF step forward with 1/4 turn to the R + doing at the same time a LF sweep forward in the air with 1/2 turn to the R to finish facin' 6 o'clock, LF press forward (06:00)

GESTUAL: on count 1 during the turn, put R arm up like you reach something and L arm to the L side, on count 2 during the press, go down with your R arm with what you reached

3-4 Recover on RF with a LF sweep back in the air, LF sit back rock (06:00)

5-6& Recover on RF, LF rock forward, recover on RF (06:00)

GESTUAL : during the rock forward + drag turn arms in the air

7-8& LF step back and drag RF next to LF (keep weight on LF), RF step back, LF step to the L side with 1/4 turn to the L (03:00)

Section 2: Cross rock, recover, side-step, step fwd with 1/8 turn, 3x half turn, lunge, recover, full turn

1-2& RF cross rock over LF, recover on LF, RF step to the R side (03:00)

GESTUAL: open both arms up in circle like a sun

3-4& LF step forward with 1/8 turn to the R in diagonal, RF step back with 1/2 turn to the L, LF step forward with 1/8 turn to the L (04:30)

5-6 RF step back with 1/2 turn to the L, LF step to the L side with 2/8 turn with a lunge (07:30)

GESTUAL: during the lunge bring both hands on the earth

7-8& Recover on RF with 2/8 turn, LF step back with 1/2 turn to the R, RF step forward with 1/2 turn to the R (10:30)

Section 3: Step fwd with back flick (going up), step back with a sweep back X2, step back, step fwd with 1/2 turn, rock fwd, recover with a sweep back, step back with a sweep back, cross behind, side-step with 1/8 turn

1-2 LF step forward with a RF back flick (going up), RF step back with LF sweep back (10:30)

GESTUAL: when you're going up, put L arm up like to reach something and R arm to the R

3-4& LF step back with a RF sweep back, RF step back, LF step forward with 1/2 turn to the L (04:30)

5-6 RF rock forward, recover on LF with a RF sweep back (04:30)

GESTUAL: open both arms in circle from back to forward like to reach something and close it slowly on count 6 & 7

7-8& RF step back with a LF back sweep, LF cross behind RF, RF step to the R side with 1/8 turn to the R (06:00)

Section 4: Walk X2, rock fwd, recover, step fwd with 1/2 turn, basic night-club with 1/4 turn, basic night-club

1-2 LF walk forward, RF walk forward (06:00)

GESTUAL: when you walk LF push L palm hand to the L, when you walk RF push R palm hand to the R and come back with both hands near you on count 3

3-4& LF rock forward, recover on RF, LF step forward with 1/2 to the L (12:00)

5-6& RF big step to the R side with 1/4 turn to the R, LF close next to RF, RF cross slightly over LF (09:00)

7-8& LF big step to the L side, RF close next to LF, LF cross slightly over RF (09:00)