

One Of Those

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Charlene Wiencek (USA)
音乐: It's Been One of Those Days - Bobby Vinton : (CD: Mr Lonely)



(Partner version available)

Alt. music:-

Shout It To The World - by Lionel Richie (CD - Renaissance)

Let It Whip by Dazz Band (CD - 20th Century Masters)

I Know You Want Me by Pitbull (CD - I Know You Want Me)

Little Deuce Coupe by The Beach Boys (CD - Sounds of Summer)

I'd Like To teach The World To Sing by Jim Nabors (CD - Super Hits) - (Slow - good for teach)

* See MUSIC note on bottom of step sheet

KICK, KICK, TRIPLE STEP, KICK, KICK, TRIPLE STEP

- 1-2 Kick right foot across front of left, kick diagonal to right
- 3&4 Step in place, right, left, right
- 5-6 Kick left foot across front of right, kick diagonal to left
- 7&8 Step in place, left, right, left

ROCK RECOVER, ½ TURN TRIPLE, WALK, WALK, WALK, TOUCH (walk around)

- 1-2 Rock right forward, recover left
- 3&4 Triple ½ turn right, stepping right, left, right (6:00)
- 5-8 Walk around - 1/2 turn right - walk left, right, left, touch right (12:00)

RIGHT, LEFT, RIGHT FORWARD, TOUCH, LEFT, RIGHT, LEFT BACK, TOUCH (Box)

- 1-2 Step right to right side, step left next to right
- 3-4 Step right forward, touch left next to right
- 5-6 Step left to left side, step right next to left
- 7-8 Step left back, touch right next to left

CHASSE' RIGHT, ROCK RECOVER - CHASSE' LEFT, ROCK RECOVER

- 1&2 Step right to right side, step left beside right, step right to right side
- 3-4 Rock left behind right, recover to right
- 5&6 Step left to left side, step right beside left, step left to left side
- 7-8 Rock right behind left, recover to left

STEP, HOLD, 1/2 TURN LEFT, HOLD, STEP, HOLD, 1/4 TURN LEFT, HOLD

- 1-2 Step right forward, hold
- 3-4 Turn 1/2 left stepping left forward, hold (weight on left)
- 5-6 Step right forward, hold
- 7-8 Turn 1/4 left, hold (weight on left) (3:00)

STEP RIGHT WITH SWAY, RETURN LEFT WITH SWAY, REPEAT

- 1-2 Step right to right while bending right knee slightly and dropping right shoulder. Sway to right (weight to right)
- 3-4 Sway back (left) to upright position (shift weight to left)
- 5-6 Repeat counts 1-2
- 7-8 Repeat counts 3- 4

VINE RIGHT, TOUCH, VINE LEFT, 1/4 TURN LEFT, SCUFF

- 1-2 Step right to right, cross left behind right

3-4 Step right to right, touch left next to right
5-6 Step left to left, cross right behind left
7-8 Turn 1/4 left, step left forward, scuff right (12:00)

SHUFFLE FORWARD Xs TWO - JAZZ BOX 1/4 TURN RIGHT

1&2 Shuffle forward, right, left, right
3&4 Shuffle forward, left, right, left
5-6 Cross step right over left, step left back
7-8 Turn 1/4 right, step right forward, step left next to right (weight on left - 3:00)

START AGAIN

TAG * While dancing to "It's Been One of Those Days" there is a 16 count break in the music.

Tag at the end of wall 2 (6:00) Suggested dance steps for the 16 count tag are:-

STEP, HOLD, PIVOT TURN ¼ LEFT, HOLD - Xs 4 (Full circle)

1-2 Step right forward, hold (weight right)
3-4 Pivot turn 1/4 left, hold (weight left)
5-6 Step right forward, hold (weight right)
7-8 Pivot turn 1/4 left, hold (weight left)

Repeat above steps 1-8 (16 full counts - you have just completed a full circle - 6:00)

Attitude - Lean into each turn with attitude. Raise/bend right arm up/out to side/front.

Snap fingers on right hand with each - Step right forward, hold.

NOTE: * TAG - If you prefer to be creative on the tag, please do! Just use up 16 counts!

*** MUSIC - This dance seems to fit so many songs that I couldn't list all that I've done it to.**

Experiment! ENJOY!

*** There is also a partner version available.**

Contact:-

Charlene Wiencek - Email: charlene427@verizon.net

Address: 24 Citation Ave. North Adams, MA 01247 - Phone: 413-664-4335

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