拍數： 48
璌數： 2
級數：Intermediate
編舞者：Pat Stott（UK）－January 2014
音樂：One of These Days－Shane Filan ：（CD：You and Me－also iTunes）

## 16 count intro（approx 9 seconds）

Section 1：Forward mambo，back mambo，side rock cross，side rock，cross
1\＆2 ．Rock forward on right，recover on left，step back on right
3\＆4 ．Rock back on left，recover on right，step forward on left
5\＆6 ．Rock right to right，recover on left，cross right over left
7\＆8 ．Rock left to left，recover on right，cross left over right
Note：turn body to left diagonal 5\＆6，then right diagonal 7\＆8
Section 2：Sway，sway with hitch，chasse with $1 / 4$ right，rock forward，recover， $1 \& 1 / 2$ turning shuffle left
1－2 ．Step right to right \＆sway hips to right，sway hips to left \＆hitch right knee
3\＆4 ．Step right to right，close left to right，turn $1 / 4$ right stepping forward on right
5－6 ．Rock forward on left，recover on right
7\＆8 ．Turn $1 / 2$ left stepping forward on left，turn $1 / 2$ left stepping back on right，turn $1 / 2$ left stepping forward on left（easier option shuffle $1 / 2$ left）

Section 3：Rumba box $\times 2$ gradually turning $1 / 2$ right
1\＆2 ．Right to right，close left to right，1／4 right stepping forward on right
$3 \& 4$ ．Left to left，close right to left，step back on left turning $1 / 8$ th right
5\＆6 ．Right to right，close left to right，1／8th right stepping forward on right
$7 \& 8$ ．Left to left，close right to left，step back on left
Section 4：Side，recover，behind，side，cross，side，recover，behind， $1 / 4$ turn，forward
1－2 ．Rock right to right，recover on left
3\＆4 ．Cross right behind left，left to left，cross right over left
5－6 ．Rock left to left，recover on right
$7 \& 8$ ．Step left behind right，turn $1 / 4$ right stepping forward on right，forward on left
Section 5：Right foot forward，raise \＆lower right heel，left foot forward，raise \＆lower left heel， $1 / 2$ pivot， shuffle forward
1\＆2 ．Place right foot forward（keeping weight on left，raise \＆lower right heel
（transferring weight onto right as the heel is lowered）
$3 \& 4$ ．Place left foot forward（keeping weight on right），raise and lower left heel
（transferring weight onto left as the heel is lowered）
5－6 ．Step forward on right，pivot $1 / 2$ to left transferring weight to left
$7 \& 8$ ．Step forward on right，close left to right，step forward on right
Section 6：Prissy walks forward，step，bounce heels $1 / 2$ right，bounce heels $1 / 2$ turn left，step forward， $1 / 2$ pivot left
1－2 ．Prissy Walks forward－left，right（or just 2 walks forward）
$3 \& 4 \quad$ Step forward on left，Raise and lower both heels $\times 2$ turning $1 / 2$ right
5\＆6 ．Raise and lower both heels $\times 3$ turning $1 / 2$ left transferring weight to left
7－8 ．Step forward on right， $1 / 2$ pivot left transferring weight onto left
TAG：＊＊During wall 6
Dance up to $1 \& 2$ of section 3 （rumba box）
replace $3 \& 4$ with－chasse to the left（facing 6 oclock）
Restart from beginning of dance

Ending: Dance 1-4 of Section 3 (to face 12 o'clock), large step to right and hold
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