

# One of Those

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Hana Ries (USA) - February 2018

Musik: One of Those - Canaan Smith

oder: How Long - Charlie Puth



**Intro: 4 counts (Start dancing on the words "ball cap") CW rotation  
(Read R=right foot, L=left foot)**

## **TOE STRUTS WITH HIP BUMPS, WALK IN PLACE WITH HIP ROLLS**

1-2 Touch R toe forward and bump hips right, Step R heel down

3-4 Touch L toe forward and bump hips left, Step L heel down

**During counts 1-4 travel slightly forward**

5-8 Walk in place (R, L, R, L) and roll hips twice counter clockwise

**Restart here on wall 4 (facing 9:00)**

## **CROSS/RECOVER, CHASSE RIGHT, CROSS/RECOVER, ¼ TURN LEFT SHUFFLE FORWARD**

1-2 Cross rock R over L, Recover to L

3&4 Step R to right, Step L next to R, Step R to right

5-6 Cross rock L over R, Recover to R

7&8 Turn ¼ left stepping L forward, Step R next to L, Step L forward

## **CROSS, POINT, CROSS, POINT, ROCK/RECOVER, SHUFFLE BACK**

1-2-3-4 Cross R over L, Point L to left, Cross L over R, Point R to right

**Option: Replace Cross/Points with Samba steps:**

1&2 Cross R over L, Rock L to left, Recover to R

3&4 Cross L over R, Rock R to right, Recover to L

5-6 Rock R forward, Recover to L

7&8 Step R back, Step L next to R, Step R back

## **ROCK BACK/RECOVER, ½ TURN SHUFFLE BACK, ROCK BACK/RECOVER, KICK-BALL-CHANGE**

1-2 Rock L back, Recover to R

3&4 ¼ Turn right stepping L to left, Step R next to L, ¼ Turn right stepping L back

5-6 Rock R back, Recover to L

7&8 Kick R forward, Step ball of R slightly back, Step L in place

**REPEAT**

Hana Ries; E-mail: [hana.ries@yahoo.com](mailto:hana.ries@yahoo.com)