

# One Of Those

拍數: 64                      牆數: 4                      級數: High Beginner  
編舞者: Charlene Wiencek (USA)  
音樂: 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](mailto:charlene427@verizon.net)**

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

**Last Revision - 20th November 2012**

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