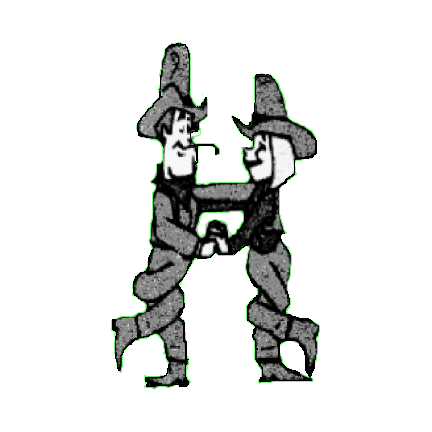
**COUNTRY CHOICE PARTNER DANCERS**

**ONE OF THOSE DAYS**

SOM Choreographed by Chris & Andy Malpass. Qualified Instructors. 01606 883862 email [chrisandy-partners@hotmail.co.uk](mailto:chrisandy-partners@hotmail.co.uk)

Desc Description 64 count partner dance. Start facing each other, off set, left shoulder to left shoulder, not holding hands

Gent on outside of circle facing L.O.D. Lady on inside of circle facing R.L.O.D. Same feet throughout

Music One Of Those Days by Anita Cochran. C.D. Back To You

GENT LADY

01 – 08 SIDE ROCK, SHUFFLE FORWARD SIDE ROCK, SHUFFLE FORWARD

FORWARD ROCK, COASTER STEP FORWARD ROCK, SHUFFLE BACK

01 – 02 Rock side right on right, recover onto left Rock side right on right, recover onto left

03 & 04 Shuffle forward on right, left, right Shuffle forward on right, left, right

05 – 06 Rock forward on left, recover onto right Rock forward on left, recover onto right

07 & 08 Step back on left, step right next to left, step forward on left Shuffle back on left, right, left

09 – 16 WALK, WALK, SHUFFLE FWD, WALK, WALK, SHUFFLE FWD 1/2 TURN RIGHT, SHUFFLE FWD, 1/2 TURN LEFT, SHUFFLE BACK

09 – 10 Walk forward on right, left 1/2 turn right stepping right, left into reverse sweetheart L.O.D

11 & 12 Shuffle forward on right, left, right Shuffle forward on right, left, right

13 – 14 Walk forward on left, right 1/2 turn left stepping left, right, facing R.L.O.D

15 & 16 Shuffle forward on left, right, left Shuffle back on left, right, left

*(on counts 9 & 10 join hands in reverse sweetheart position, lady on gent’s left side)*

*(on count 13 take right hands over lady’s head to face each other, right hands on top. Now directly in front of each other)*

17 – 24 FORWARD ROCK, SHUFFLE 1/2 RIGHT INTO WINDOWS BACK ROCK, SHUFFLE 1/2 LEFT INTO WINDOWS

FORWARD ROCK, SHUFFLE BACK BACK ROCK, SHUFFLE FORWARD

17 – 18 Rock forward on right, recover onto left Rock back on right, recover onto left

19 & 20 Shuffle 1/2 right into windows on right, left, right. R.L.O.D Shuffle 1/2 left into windows on right, left, right, facing L.O.D

21 – 22 Rock forward on left, recover onto right Rock back on left, recover onto right

23 & 24 Shuffle back on left, right, left Shuffle forward on left, right, left

*(on counts 19 & 20 turn into windows, lady turning to outside of circle, finishing on gent’s left side. Gent on inside of circle)*

25 – 32 STEP BACK, 1/2 TURN OUT OF WINDOWS, SHUFFLE FWD WALK, WALK, OUT OF WINDOWS, SHUFFLE FORWARD

STEP, PIVOT 1/4 RIGHT, CROSS SHUFFLE STEP, PIVOT 1/4 RIGHT, CROSS SHUFFLE

25 – 26 Step back on right, pivot 1/2 left stepping forward on left Walk forward on right, left

Out of windows, facing L.O.D Out of windows

27 & 28 Shuffle forward on right, left, right Shuffle forward on right, left, right

29 – 30 Step forward on left, pivot 1/4 right stepping onto right Step forward on left, pivot 1/4 right stepping onto right O.L.O.D

31 & 32 Crossing left over right, cross shuffle on left, right, left Crossing left over right, cross shuffle on left, right, left

*(on count 26 release right hands. On count 27 rejoin in sweetheart position. On count 30 gent is behind lady in indian position)*

33 – 40 SIDE, BEHIND, 1/4 TURN. STEP FORWARD SIDE, BEHIND, 1/4 TURN, STEP FORWARD

FORWARD ROCK, SHUFFLE 1/2 RIGHT FORWARD ROCK, SHUFFLE BACK

33 – 34 Step side right on right, cross left behind right Step side right on right, cross left behind right

35 – 36 1/4 turn right stepping onto right, step forward on left 1/4 turn right stepping onto right, step forward on left, R.L.O.D

37 – 38 Rock forward on right, recover onto left Rock forward on right, recover onto left

39 & 40 Shuffle 1/2 right on right, left, right, facing L.O.D Shuffle back on right, left, right

*(on count 35 in reverse sweetheart position. On count 38 release left hands .On count 39 gent turns under raised right hands)*

41 – 48 WALK, WALK, SHUFFLE FORWARD 1/2 TURN RIGHT, SHUFFLE FORWARD

WALK, WALK, SHUFFLE FORWARD WALK, WALK, SHUFFLE FORWARD

41 – 42 Walk forward on left, right 1/2 turn right stepping left, right, facing L.O.D

43 & 44 Shuffle forward on left, right, left Shuffle forward on left, right, left

45 – 46 Walk forward on right, left Walk forward on right, left

47 & 48 Shuffle forward on right, left, right Shuffle forward on right, left, right

*(on counts 41 & 42 take right hands over lady’s head into sweetheart position)*

GENT LADY

49 – 56 FORWARD ROCK, SHUFFLE BACK STEP, PIVOT 1/2 RIGHT, SHUFFLE 1/2 RIGHT

ROCKING CHAIR BACK ROCK, STEP, PIVOT 1/2 LEFT

49 – 50 Rock forward on left, recover onto right Step forward on left, pivot 1/2 right stepping onto right. R.L.O.D

51 & 52 Shuffle back on left, right, left Shuffle 1/2 right on left, right, left, facing L.O.D

53 – 54 Rock back on right, recover onto left Rock back on right, recover onto left

55 – 56 Rock forward on right, recover onto left Step forward on right, pivot 1/2 left, facing R.L.O.D

*(on count 50 release left hands, take right hands over lady’s head)*

*(on count 56 take right hands over lady’s head, bringing hands down low)*

57 – 64 PINWHEEL 1/2 RIGHT ON WALK, WALK, SHUFFLE PINWHEEL 1/2 RIGHT ON WALK, WALK, SHUFFLE

1/2 TURN LEFT, STEP BACK, TOUCH 1/2 TURN LEFT, STEP BACK, TOUCH

57 – 58 Pinwheel 1/2 right - walking 1/4 right on right, left Pinwheel 1/2 right - walking 1/4 right on right, left

59 & 60 Shuffling 1/4 right on right, left, right, facing R.L.O.D Shuffling 1/4 right on right, left, right, facing L.O.D

61 – 62 1/2 turn left stepping left, right, facing L.O.D 1/2 turn left stepping left, right, facing R.L.O.D

63 – 64 Step back on left, touch right next to left Step back on left, touch right next to left

*(on count 62 release hands. Lady is now back to inside of circle. Gent outside of circle ready to start again)*

**KEEP SMILING**