

One of These Nights

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Description: 32 count, 4 wall, beginner/intermediate line dance

Suggested Music: One of These Nights by the Eagles – available at iTunes – start dancing on lyrics. Or other West Coast rhythm music phrased in 32 counts (use just ending A for other songs)

Step sheet provided by Rose Haven, Phone: 404.379.1213 Email: atlantaledance@bellsouth.net or rose@atlantaledance.com Web: www.atlantaledance.com

1-8 Step Forward, Touch, Left Coaster – Repeat

- 1,2 Step R forward, Touch L forward (lean back slightly)
3&4 Step L back (3), Step ball of R next to L (&), Step L forward,
5-8 repeat all above 4 counts

9-16 Step, Pivot ½ Turn Left, Triple Forward, Step, Pivot ½ Turn Right, Triple Forward

- 1,2 Step R forward, On balls of both feet turn ½ to L with weight ending on L
3&4 Step R forward (3), Step L next to R (&), Step R forward,
5,6 Step L forward, On balls of both feet turn ½ to R with weight ending on R
7&8 Step L forward (7), Step R next to L (&), Step L forward.

17-24 Side, Together, Triple to R, Cross Rock, ¼ Turn Triple

- 1,2 Step R to R side, Step L next to R
3&4 Step R to R side (3), Step L next to R (&), Step R to R side,
5,6 Cross rock/step L over R, Recover weight back to R,
7&8 Turn ¼ left and step forward on L (7), Step R next to L (&), Step L forward (8).

25-32 Out, Out, In, In, Out, Out, In, In

- 1-4 Step R to R side, Step L to L side, Step R in, Step L in,
5-8 repeat above 4 counts (**ending A**) or for fun try the variations below:

Funky fun *optional* steps for the last 4 counts of the dance:

For the end of walls 2, 5, and 8:

Out, Out, Look R, Hold 2 (ending B)

- &5** Step R to R side (&), Step L to L side (5)
6,7,8 Look R (6), Hold for (7) and (8).

For the end of walls 3 and 6:

Syncopated Out-Out, In-In, Body or Hip Roll (ending C) (this part can also be used as an intro).

- 5&6&** Step R to R (5), Step L to L (&), Step R in (6), Step L in (&),
7,8 Forward body roll or hip roll to the L for 2 counts.

Sequence if using endings A,B,C: A,B,C,A,B,C,A,B,A,A,A,A.