

# One Of These Days

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**Music:** "One Of These Days" by Caroline Jones on the album "Bare Feet"  
MP3 download available from amazon.com digital music

**Rhythm & Phase:** Jive Phase III+1+1 (Cont Chasse)      **Original Time:** 2:21

**Unphased Figure:** Left Turning Triples

**Footwork:** Opposite (*except where noted*)      **Tempo:** as downloaded

**Sequence:** Intro, A, B, C, Interlude, BMod, CMod, Ending

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## Introduction

**1 – 4**      **Wait ;;;;**  
1 – 4      [Wait 2 Meas] Wait through the "ooo's" & 1 measure in CP WALL w/ lead feet free ;;;;

## Part A

**1 – 4**      **Chasse L&R ; Chg Right to Left ; ~ Chg Hands Beh Back ; ;**  
1a23a4      1      [Chasse L&R] sd L/cl R, sd L, sd R/cl L, sd R ;  
12 3a41a2      2-4      [Chg R to L] Trng to SCP LOD rk bk L, rec R, sd L/cl R, sd L comm 1/4 LF trn & leading W to trn RF under jnd lead hnds (*small R/L, R comm 3/4 RF trn under jnd lead hnds*) ; sd & fwd R/cl L, sd R (*sd & slightly bk L/cl R, sd & bk L*) to LOP-FCG LOD,  
34 1a23a4      [Chg Hnds Bhd Bk] Rk apt L, rec R ; fwd L starting 1/4 LF trn and placing R hnd over W's R hnd/cl R, fwd L releasing L hnd and completing 1/4 LF trn to tandem pos in front of W (*fwd R starting 1/4 RF trn/cl L, fwd R completing 1/4 RF trn to tandem pos bhd M*), sd & bk R starting 1/4 LF trn and placing L hnd bhd his bk/cl L transferring W's R hnd to M's L hnd bhd his bk, sd & bk R completing 1/4 LF trn fcg RLOD (*sd & bk L starting 1/4 RF trn/cl R, sd & bk L completing 1/4 RF trn fcg LOD*) ;

**5 – 8**      **Chg Left to Right CP COH ; ~ Rock Recover ; (to Rev) 4 Point Steps to Face ; ;**  
12 3a41a2      5-6      [Chg L to R] Rk apt L, rec R, sd L/cl R, sd L comm 1/4 RF trn leading W to trn LF under jnd lead hnds & placing trail hnd on her back as she turns (*rk apt R, rec L, fwd R/cl L, fwd R comm 3/4 LF trn under jnd lead hnds*) ; sd R/cl L, sd R to CP COH,  
34      [Rk Rec] Trng to SCP RLOD rk bk L, rec R ;  
1234 1234      7-8      [4 Point Steps] Pt fwd L, stp fwd L, pt fwd R, stp fwd R ; Pt fwd L, stp fwd L, pt fwd R, stp fwd R trng to CP COH ;

**9 – 12**      **Chasse L&R ; Chg Right to Left ; ~ Rock Recover ; Kick Ball Change (twice) ; ;**  
12      9-11      [Chasse L&R] sd L/cl R, sd L, sd R/cl L, sd R ;  
34 1a23a4      [Chg R to L] Trng to SCP RLOD rk bk L, rec R , sd L/cl R, sd L comm 1/4 LF trn & leading W to trn RF under jnd lead hnds (*small R/L, R comm 3/4 RF trn under jnd lead hnds*) ; sd & fwd R/cl L, sd R (*sd & slightly bk L/cl R, sd & bk L*) to LOP-FCG RLOD,  
34      [Rk Rec] Rk apt L, rec R ;  
1a23a4      12      [Kick Ball Chg (twice)] Kick L ft fwd/cl L to R using ball of L ft beside R, in place R, kick L ft fwd/cl L to R using ball of L ft beside R, in place R ;

**13 – 14**      **Chg Left to Right w/ Cont Chasse to LOP COH ; ;**  
123a4      13      [Chg L to R w/ Cont Chasse] Rk apt L, rec R, sd L/cl R, sd L trng 1/4 RF leading W to trn under jnd ld hnds (*Rk apt R, rec L, fwd R/cl L, fwd R comm 3/4 LF trn*) to LOP-FCG COH ;  
1a2a3a4      14      Sd R/cl L, sd R/cl L, sd R/cl L, sd R (*Comp LF trn to fc ptr sd L/cl R, sd L/cl R, sd L/cl R, sd L*) to LOP-FCG COH ;

## Part B

- 1 – 3 Link Rock (Stay Facing COH) ;~ (to RLOD) Fallaway Throwaway ;;**
- 12 3a41a2 1-3 [Link Rk] Rk apt L, rec R, small fwd L/R, L ; sd R/cl L, sd R to CP COH,  
34 1a23a4 [Fallaway Throwaway] Trng to SCP RLOD rk bk L, rec R, fwd & sd L/cl R, fwd & sd L leading W to trn 1/2 LF ; sd & fwd R/cl L, sd & fwd R (*trng to SCP RLOD rk bk R, rec L, fwd R/fwd L, fwd R trng 1/2 LF ; sd & bk L/cl R, sd & bk L*), LOP-FCG RLOD
- 4 – 10 Chg Left to Right CP COH ;~ (to Rev) Jive Walks ;; 4 Pnt Steps to Face ;; Chasse L&R (2x) ;;**
- 12 3a41a2 4-6 [Chg L to R] Rk apt L, rec R, sd L/cl R, sd L comm 1/4 RF trn leading W to trn LF under jnd lead hnds & placing trail hnd on her back as she turns (*rk apt R, rec L, fwd R/cl L, fwd R comm 3/4 LF trn under jnd lead hnds*) ; sd R/cl L, sd R to CP COH,  
34 1a23a4 [Jive Walks] Trng to SCP RLOD rk bk L, rec R ; fwd L/cl R, fwd L, fwd R/cl L, fwd R ;  
1234 1234 7-8 [4 Point Steps] Pt fwd L, stp fwd L, pt fwd R, stp fwd R ; Pt fwd L, stp fwd L, pt fwd R, stp fwd R trng to CP COH ;  
1a23a4 9-10 [Chasse L&R (2x)] sd L/cl R, sd L, sd R/cl L, sd R ; sd L/cl R, sd L, sd R/cl L, sd R ;
- 11 – 12 Left Turning Fallaway CP Wall ;~ Start Fallaway Rock ;**
- 12 3a41a2 7-9 [Left Trng Fallaway] Rk bk L to SCP RLOD, rec R to fc ptr, comm ¼ LF trn sd L/cl R, comp trn sd L ; Comm ¼ LF trn sd R/cl L, comp trn sd R fc WALL,  
34 [Start Fallaway Rock] Trng to SCP LOD rk bk L, rec R to fc ptr ;

## Part C

- 1 – 4 Finish Fallaway Rock ; Right to Left ;~ Left to Right ;;**
- 1a23a4 1 [Finish Fallaway Rock] sd L/cl R, sd L, sd R/cl L, sd R CP WALL ;  
12 3a41a2 2-4 [Chg R to L] Trng to SCP LOD rk bk L, rec R, sd L/cl R, sd L comm 1/4 LF trn & leading W to trn RF under jnd lead hnds (*small R/L, R comm 3/4 RF trn under jnd lead hnds*) ; sd & fwd R/cl L, sd R (*sd & slightly bk L/cl R, sd & bk L*) to LOP-FCG LOD,  
34 1a23a4 [Chg L to R] Rk apt L, rec R ; sd L/cl R, sd L comm 1/4 RF trn leading W to trn LF under jnd lead hnds (*rk apt R, rec L, fwd R/cl L, fwd R comm 3/4 LF trn under jnd lead hnds*), sd R/cl L, sd R to LOP-FCG WALL ;
- 5 – 10 Link Rock ;~ Right Turning Fallaway (twice) ;;~ Fallaway Throwaway ;;**
- 12 3a41a2 5-7 [Link Rk] Rk apt L, rec R, small fwd L/R, L ; sd R/cl L, sd R to CP WALL,  
34 1a23a4 [Right Trng Fallaway] Trng to SCP LOD rk bk L, rec R to fc ; comm 1/2 RF trn sd L/cl R, sd L, cont RF trn sd R/cl L, sd R CP COH ;  
12 3a41a2 8-10 [Right Trng Fallaway] Trng to SCP RLOD rk bk L, rec R to fc, comm 1/2 RF trn sd L/cl R, sd L ; cont RF trn sd R/cl L, sd R CP WALL,  
34 1a23a4 [Fallaway Throwaway] Trng to SCP LOD rk bk L, rec R ; fwd & sd L/cl R, fwd & sd L leading W to trn 1/2 LF, sd & fwd R/cl L, sd & fwd R (*trng to SCP LOD rk bk R, rec L, fwd R/fwd L, fwd R trng 1/2 LF ; sd & bk L/cl R, sd & bk L*) LOP-FCG LOD ;

## Interlude

- 1 – 4 Link Rock ;~ Jive Walks ;; Swivel 4 ;**
- 12 3a41a2 1-4 [Link Rk] Rk apt L, rec R, small fwd L/R, L ; sd R/cl L, sd R to CP WALL,  
34 1a23a4 [Jive Walks] Trng to SCP LOD rk bk L, rec R ; fwd L/cl R, fwd L, fwd R/cl L, fwd R ;  
1234 [Swivel 4] With swiveling action fwd L, fwd R, fwd L, fwd R ;



## Part BMod

- 1 Throwaway ; Link Rock ;~ (to RLOD) Fallaway Throwaway ;;**  
 1a23a4 1 [Throwaway] fwd & sd L/ cl R, fwd & sd L leading W to trn 1/2 LF, sd & fwd R/cl L, sd & fwd R  
*(fwd R/fwd L, fwd R trng 1/2 LF, sd & bk L/cl R, sd & bk L) ;*
- 2-7 Link Rock ;~ Fallaway Throwaway ;; Chg Left to Right CP WALL ;~ Jive Walks ;;**  
 2-7 Same as measures 1-6 of Part B except starts facing WALL instead of COH
- 8 – 12 Swivel 4 ; 2 Fwd Triples ; Left Trng Triples ; Left Trng Fallaway ;~ Start Fallaway Rock ~;**  
 1234 8 [Swivel 4] With swiveling action fwd L, fwd R, fwd L, fwd R ;  
 1a23a4 9 [2 Fwd Triples] Fwd L/cl R, fwd L, fwd R/cl L, fwd R ;  
 1a23a4 10 [Left Trng Triples] Blending to CP comm ¼ LF trn sd L/cl R, comp trn sd L, Comm ¼ LF trn sd  
 R/cl L, comp trn sd R fc COH ;  
 12 3a41a2 11-12 [Left Trng Fallaway] Rk bk L to SCP RLOD, rec R to fc ptr, comm ¼ LF trn sd L/cl R, comp trn  
 sd L ; Comm ¼ LF trn sd R/cl L, comp trn sd R fc WALL,  
 34 [Start Fallaway Rock] Trng to SCP LOD rk bk L, rec R to fc ptr ;

## Part CMod

- 1 – 4 Finish Fallaway Rock ; Right to Left ;~ Left to Right ;;**  
 1-4 Same as measures 1-4 of Part C
- 5 – 8.5 Link Rock ;~ Right Turning Fallaway (twice) ;;;~**  
 5-8.5 Same as measures 5-8.5 of Part C
- 8.5 – 10 Fallaway Throwaway in 6 (Lady Overturn) & Hold Lady Swivel to Face ~;; (see note 1 below)**  
 12 3a41- 8.5-10 [Fallaway Throwaway in 6 Lady Overturn] Trng to SCP LOD rk bk L, rec R ; fwd & sd L/cl R,  
 fwd & sd L leading W to trn 1/2 LF, sd & fwd L trng W's hnd right leading her to overturn  
*(trng to SCP LOD rk bk R, rec L ; fwd R/fwd L, fwd R trng 1/2 LF, sd & bk L swiveling to fc  
 LOD),*  
 [Lady Swivel to Face] Trn W's hnd left leading her to swivel to fc ptr (no weight change)  
*(swivel to fc ptr) ;*

Note 1: As the Fallaway Throwaway in 6 is being executed the vocals are, "One of these days we're gonna fall...". The initial Rock step of the figure is on the word "One" and the final 6<sup>th</sup> step is on the word "we're". At this point the music slows dramatically and the singer elongates the word "fall". After the Lady swivels to face away from the Man shortly after "we're", she should pause a bit and then swivel back to face him during the word "fall" (she has LOTS of time to do this). The cue "Lady Swivel to Face" should be delayed relative to the "Hold" cue to indicate this delay. Then the partners wait until the vocals pick up again (after some additional dramatic delay). Appropriate tension in the lead arms and dramatic extension of the trail arms (particularly the Lady's) is to be encouraged.

## Ending

- 1 – 2 (on "Love") Chg Left to Right w/ Cont Chasse ;; (see note 2 below)**  
 12 3a4 1 [Chg L to R w/ Cont Chasse] Rk apt L, rec R, sd L/cl R, sd L trng ¼ RF leading W to trn under  
 jnd ld hnds *(Rk apt R, rec L, fwd R/cl L, fwd R comm ¼ LF trn)* to LOP-FCG WALL ;  
 1a2a3- 2 Sd R/cl L, sd R/cl L, sd R *(Comp LF trn to fc ptr sd L/cl R, sd L/cl R, sd L)*, – extending trail arms  
 to sd ;

Note 2: When the vocals restart again they say "...in love". The Change Left to Right downbeat is on the word "love". The Continuous Chasse is actually slightly short with the last 2 steps left out to match the end of the music.