

## One Of These

32 count, 4 wall, beginner level

Choreographer: Wendy Anne Redpath (UK) April  
2002

Choreographed to: One Of These Nights by the  
Eagles, Very Best of The Eagles Album  
(110 bpm)

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Start on the word 'nights'

**Rock right, recover, cross shuffle, Rock left, recover, cross shuffle,**

- 1-2 Rock on right to right side, step left in place
- 3&4 Cross right over left, step left beside right, cross right over left
- 5-6 Rock on left to left side, step right in place
- 7&8 Cross left over right, step right beside left, cross left over right

**Rock forward, recover, shuffle back, rock back recover, shuffle fwd**

- 9-10 Rock forward on right, step left in place
- 11&12 Step back on right, step left beside right, step back on right
- 13-14 Rock back on left, step right in place
- 15&16 Step forward on left, step right beside left, step forward on left

**Step forward, pivot 1/2 shuffle, step forward 1/4 turn, shuffle**

- 17-18 Step forward on right, pivot (on toes) turn 1/2 over left shoulder stepping down on left
- 19&20 Step forward on right, step left beside right, step forward on right
- 21-22 Step forward on left whilst turning 1/4 right, step right beside left
- 23&24 Step forward on left, step right beside left, step forward on left

**Step diag fwd, touch, diag back touch (x2), diag fwd touch**

- 25-26 Step diagonally forward right on right, touch left beside right
- 27-28 Step diagonally back left on left, touch right beside left
- 29-30 Step diagonally back right on right, touch left beside right
- 31-32 Step diagonally forward left on left, touch right beside left