

SOME OF THESE DAYS

Music: Pink Style Band
<https://music.apple.com/us/artist/pink-style-band/260357253>
Track # 3 Time 2:21 Slow Down w/ -3% to Time 2:23
Available from choreographer

Rhythm: Cha Cha Phase: V+1U (Tummy Check)

Footwork: Opposite except where (Noted)

Release Date: March 23

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Sequence: INTRO AB AB(1-14) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT FOR 2 INTRO NOTES & TWO MEASURES ; ; FULL TURN CHASE M & W ; ;

{Wait} Bfly Pos Wall Id ft free wt 2 Intro Notes & 2 meas ; ; {Full Trn Chase M & W} [Relsg both hnds] Fwd L trn ½ RF, rec R cont trn ½ RF, bk L/lk Rif, bk L (W bk R, rec L, fwd R/lk Lib, fwd R), -; Bk R, rec L, fwd R/lk Lib, fwd R (W fwd L trn ½ RF, rec R cont trn ½ RF to fc ptr, bk L/lk Rif, bk L) to BFLY WALL, -;

PART A

01-04 OP HIP TWIST INTO AIDA ; ; SWITCH CROSS ; CRAB WALK ENDING ;

{OP Hip Twist Into Aida} Fwd L, rec R, XLib/cl R, sd L [pushing r-arm fwd gently to turn W] (W bk R, rec L, fwd R/lk Lib, fwd R swvl RF fc LOD) ; Swivel on L thru R, [releasg r-hnd to l-hnd] sd L trng RF, bk R cont RF trn/lk Lif, bk R (W fwd L, fwd R trng ½ LF, bk L/lk Rif, bk L) to V-bk-to-bk pos RLOD, -; {Switch Cross} Trng LF to fc ptr bk & sd L, rec R to BFLY, XLif (W XRif)/sd R, XLif (W XRif) ; {Crab Walk Ending} Sd R, XLif (W XRif), sd R/cl L, sd R to BFLY WALL ;

05-08 REVERSE UNDERARM TURN to ½ OP LOD ; OP IN & OUT RUNS ; ; NEW YORKER ;

{Reverse Underarm Trn} Raisg jnd Id hnds XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (W full LF trn undr Id jnd hnds XRif, rec L, fwd & sd R/cl L, sd R) to ½ OP LOD ; {OP In & Out Runs} Fwd R begin RF trn, sd & fwd L Xg ifo W cont trn, sd & fwd R to ½ LOP LOD/lk Lib, fwd R w/ free arms out to sd (W fwd L, R, L/lk Rib, fwd L), -; Fwd L, R, L/Lk Rib, fwd L (W fwd R begin RF trn, sd & fwd L Xg ifo M cont trn, fwd & sd R/lk Lib, fwd R) to ½ OP DLC w/ Id arms extnd to sd, - ; {New Yorker} Thru R to OP LOD, rec L to fc, sd R/cl L, sd R to BFLY WALL ;

09-12 OP HIP TWIST to FCG FAN/M SWIV ½ LF to TANDEM REVERSE ; ; 2 TURKISH BREAKS/BOTH TURN ½ LF to TANDEM LOD ; ;

{OP Hip Twist to Fcg Fan/M Swiv ½ LF to Reverse Tandem to RLOD LOD} Chk fwd L, rec R, cl L/ipl R, L (W bk R, fwd L, fwd L/lk Rib, fwd L pushg off M's Id hnd swvl ¼ RF), -; Bk R, rec L trng ¼ LF to LOD, fwd R/lk Lib, fwd R relsg Id hnds swiv ½ LF (W fwd L, R ½ LF trn, bk L/lk Rif, bl L) to Reverse Tandem RLOD, -; {2 Turkish Breaks/Both Trn ½ to Tandem LOD} Ck bk L, rec R, sd L/cl R, sd L to W's lft sd (W ck fwd R, rec L, sd R/cl L, sd R), -; Ck bk R, rec L, sd R/cl L, sd R trng ½ LF (W ch fwd L, rec R, sd L/cl R, sd L trng ½ LF) to Tandem LOD ;

13-16 2 SWEETHEARTS ; ; BASIC ½ /W SWIVEL ½; HOCKEY STICK ENDING ;

{Sweetheart x 2} Chk Fwd L w/ LF bdy trn & look at ptr [xtndg M's lft-arm out to sd & rt-arm fwd], rec R, sd L/cl R, sd L (W bk R w/ LF bdy trn & look at ptr [xtndg W's lft-arm fwd & rt arm out to sd], rec L, sd R/cl L, sd R), -; Chk Fwd R w/ RF bdy trn & look at ptr [xtndg M's rt-arm out to sd & lft-arm fwd], rec L, sd R/cl L, sd R (W bk L w/ RF bdy trn & look at ptr [xtndg W's lft-arm out to sd & rt-arm fwd], rec R, sd L/cl R, sd L), -; {Basic Half/W Swivel ½} Fwd L, rec R, bk L/lk Rif, bk L trng ¼ RF (W bk R, rec L, fwd R/lk Lib, fwd R swiv ½ RF) to L Pos M fcg WALL/W fcg RLOD, -; {Hockey Stick Ending} [raisg Id hnds] Sm bk R, rec L, long fwd R/lk Lib, fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd Id hnds, bk L/lk Rif, bk L) to LOP-FCG DRW, -;

PART B

01-04 START CROSS BODY to TUMMY CHECK & BACK w/ rt Hndshk ; ; FINISH CROSS BODY ;

{Start X-Body to Tummy Check & Bk w/ rt Hndshk} Fwd L, rec R trng ¼ LF to LOD, sd L/cl R, sd L (W bk R, rec L, fwd R/lk Lib, fwd R) ; [Stop the W w/ Id tnd] Lunge sd R, rec L, ipl R, L, R (W [Both arms fwd] fwd L, rec R, ipl L, R, L) ; Lunge sd L, rec R w/ rt hndshk, ipl L, R, L (W bk R, rec L & rt hndshk, ipl R, L, R) ; {Finish X Body} Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (W fwd L comm LF trn, fwd & sd R cont LF trn to WALL, sd L/cl R, sd L) to BFLY COH, -;

05-08 CHASE w/ W UNDERARM PASS ; ; FULL TURN CHASE M & W ; ;

{Chase w/ W Underarm Pass} Fwd L trng RF $\frac{1}{2}$ keepg ld hnds jnd w/ palm upwards, rec R, fwd L/lk Rib, fwd L (*W bk R, rec L, fwd R/lk Lib, fwd R twd M's lft sd*) ; Bk R raisg ld hnds, rec L, sd R/cl L, sd R (*W fwd L, fwd R trng $\frac{1}{2}$ LF undr jnd ld hnds to fc ptr, sd L/cl R, sd L*) to BFLY WALL ; **{Full Trn Chase M & W}** Repeat meas 3,4 Intro ; ;

09-12 BASIC HALF ; ALTERNATING UNDERARM TURNS W – M & W ; ; ;

{Basic $\frac{1}{2}$ } Fwd L, rec R, sd L/cl R, sd L ; **{Alternating Underarm Trns W-M-W}** Raisg jnd ld hnds XRib, rec L to fc ptr, sd R/cl L, sd R (*W XLif trng RF undr jnd ld hnds, rec R contg RF trn, sd L/cl R, sd L*) to mom BFLY WALL ; Raisg trl hnds XLif trng LF undr jnd trl hnds, rec L cont LF trn to fcg ptr, sd R/cl L, sd R (*W Raisg jnd trail hnds XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L*) to BFLY ; Repeat meas 10 Part B to BFLY WALL ;

13-16 OP BREAK INTO NATURAL TOP ; ; SCALLOP ; ;

{OP Break Into Nat Top} Rk apt L xtndg rt arm up w/ palm out, rec R lowerg rt arm trng $\frac{1}{4}$ RF, sd L/cl R, sd L (*W rk apt R xtndg lft arm up w/ palm out, rec L lowerg lft arm trng $\frac{1}{4}$ RF, XRif/sd L, XRif*) ; XRib, sd L, XRib/ sd L, XRib (*W trng RF sd L, XRif, sd L/XRif, sd L*) to CP WALL ; **{Scallop}** Trng sharply to SCP LOD XLib (*W XRib*), rec R trng sharply to CP, sd L/cl R, sd L ; Thru R trng sharply to SCP LOD, sd L trng sharply to CP, to Rlod cl R/sd L, cl R to BFLY WALL ;

ENDING

01-02 START SCALLOP ; QUICK RUMBA AIDA & EXTEND ARMS ;

{Start Scallop} Repeat meas 15 B ; **{Qck RUMBA Aida & Extend Arms}** [QQQ&] Thru R swiv RF (*W LF*), bk L, R to "V" Pos Bk-to-Bk Reverse, extend free arms Up & Out ; ;