

Those Were The Days

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Heather Barton (SCO) - March 2023

Musik: Those Were the Days - Richard Palmer



Intro: 20 Counts, Start at approx 13 secs

SEC 1 Side, Together, ¼ Side Shuffle, Side, Together, Shuffle

- 1-2 Step right to right, step left beside right
3&4 Step right to right, step left beside right, turn ¼ right step right forward (3:00)
5-6 Step left to left, step right beside left
7&8 Step left forward, step right beside left, step left forward

SEC 2 Mambo ½ Turn, ¼ Side, Behind, Side, Cross Shuffle, Side Rock Cross

- 1&2 Rock right forward, recover weight onto left, turn ½ right step right forward (9:00)
3-4& Turn ¼ right step left to left, step right behind left, step left to left (12:00)
5&6 Cross right over left, step left beside right, cross right over left
7&8 Rock left to left, recover weight onto right, cross left over right

SEC 3 Reverse Rumba Box, Step, ½ Pivot, Toe, Heel, Cross

- 1&2 Step right to right, step left beside right, step right back
3&4 Step left to left, step right beside left, step left forward
5-6 Step right forward, pivot ½ left transferring weight onto left (6:00)
7&8 Touch right beside left, touch right heel beside left, cross right over left

SEC 4 Toe, Heel, Cross, Side Rock Cross, Side Rock Cross, Sway, Sway

- 1&2 Touch left beside right, touch left heel beside right, cross left over right
3&4 Rock right to right, recover weight onto left, cross right over left
5&6 Rock left to left, recover weight onto right, cross left over right
7-8 Step right to right swaying hips right, sway hips left
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