

These Are the Days

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Audrey Jean (CAN) - October 2024

Musik: THESE ARE THE DAYS - Niko Moon



Intro 32 count

Section 1 Rock step forward, full turn, rock, full turn

- 1-2 rock RF step forward with your body weight
- 3-4 full turn to right complete turn in 2 steps, making 1\2 turn with each step
- 5-6 rock LF step forward with your body weight
- 7-8 full turn to right complete turn in 2 steps, making 1\2 turn with each step

Section 2 Stomp right, break, shuffle , rock , coaster

- 1 stomp RF strike the ground with the RF, putting all your weight on it
- 2 break
- 3-4 shuffle front LF strike the ground with the LF, putting all your weight on it
- 5-6 rock RF take a step forward with your body weight
- 7-8 Coaster Step RF (RF behind ,bring LF next to right foot + right foot in front)

Section 3 behind side cross, side rock, sailor step, sailer step left ¼ round

- 1-2 behind side cross (cross RF behind LF to left, cross RF in front of LF)
- 3-4 side rock right (take a step to the right with weight transfer)
- 5-6 sailor step right (RF crosses behind LF, LF to left, RF to right)
- 7-8 sailor step left and ¼ round (LF crosses behind RF, RF to left, LF to right)

Section 4 : charleston step, stomp x2 , heel split x2

- 1-2 charleston RF to front (point right heel forward)
 - 3-4 charleston LF to front (point LF behind)
 - 5-6 stomp RF strike the ground with your RF using all your weight(5) stomp LF (6) strike the ground with your LF using all your weight
 - 7-8 hell split [raise the heel slightly with bending the knees outwards and bring the heels towards the center) x2
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