

# My Days Are Numbered

Count: 84

Wand: 2

Ebene: Improver polka

Choreograf/in: Heidi Schweizer (CH)

Musik: My Days Are Numbered - Mike Blakely



## ROCK ON, RECOVER, ¼ TURN TRIPLE STEP, STEP TURN TOUCH, SHUFFLE

- 1 Step right forward
- 2 Recover on left foot
- 3&4 Step right ¼ to the right, step left next to right, step right in place
- 5 Step left forward
- 6 Pivot ½ turn on left foot, touch right toe in front of left foot
- 7&8 Shuffle forward right, left, right (facing left wall)

## ROCK ON, RECOVER, ¼ TURN TRIPLE STEP, STEP TURN TOUCH, SHUFFLE

- 1 Step left forward
- 2 Recover on right foot
- 3&4 Step left ¼ to the left, step right next to left, step left in place
- 5 Step right forward
- 6 Pivot ½ turn on right foot, touch left toe in front of right foot
- 7&8 Shuffle forward left, right, left (facing front wall)

## STEP, STEP, STEP, STEP, SHUFFLE BACK, SHUFFLE BACK

- 1-4 Step forward right, left, right, left, (click your fingers beside right hip, left hip, right shoulder, left shoulder)
- 5&6 Shuffle back right, left, right (slightly diagonal)
- 7&8 Shuffle back left, right, left (slightly diagonal)

## STEP, STEP, STEP ½ TURN, SHUFFLE FORWARD, SHUFFLE FORWARD

- 1-2 Step forward right, left
- 3-4 Step forward right, pivot ½ turn left
- 5&6 Shuffle forward right, left, right
- 7&8 Shuffle forward left, right, left (facing back wall)

## RIGHT ½ TURNING VINE, SCUFF, LEFT VINE, SCUFF

- 1-4 Step right to the side, cross left behind, step right ¼ turn right, scuff left ending up the ½ turn
- 5-8 Step left to the side, cross right behind, step left to the side, scuff right (facing front wall)

Steps 5-8 can be danced as a full turn

## RIGHT ½ TURNING VINE, SCUFF, LEFT VINE, SCUFF

- 1-4 Step right to the side, cross left behind, step right ¼ turn right, scuff left ending up the ½ turn
- 5-8 Step left to the side, cross right behind, step left to the side, scuff right (facing back wall)

Steps 5-8 can be danced as a full turn

## HEEL SWITCHES, STOMP AND CLAP HANDS

- 1&2&3-4 Touch right heel forward, step in place, touch left heel forward, step in place, touch right heel forward, stomp in place and clap hands
- 5&6&7-8 Touch left heel forward, step in place, touch right heel forward, step in place, touch left heel forward, stomp in place and clap hands

## SIDE STEPS, ½ TURNING VINE

- 1&2&3-4 Small step right to the side, step left in place, small step to the side, step left in place, small step to the right, cross left in front of right

5-8 Step right to the side, cross left behind, step  $\frac{1}{4}$  turn right, step left next to right ending up the  $\frac{1}{2}$  turn (facing front wall)

### **HEEL SWITCHES, STOMP AND CLAP HANDS**

1&2&3-4 Touch right heel forward, step in place, touch left heel forward, step in place, touch right heel forward, stomp in place and clap hands

5&6&7-8 Touch left heel forward, step in place, touch right heel forward, step in place, touch left heel forward, stomp in place and clap hands

### **SIDE STEPS, $\frac{1}{2}$ TURNING VINE**

1&2&3-4 Small step right to the side, step left in place, small step to the side, step left in place, small step to the right, cross left in front of right

5-8 Step right to the side, cross left behind, step  $\frac{1}{4}$  turn right, step left next to right ending up the  $\frac{1}{2}$  turn (facing back wall)

### **JAZZ BOX**

1-4 Cross right before left, step back left, right step to the side, left step forward

### **REPEAT**

### **RESTART**

You complete the dance twice, after the second time you dance twice till count 32 (instrumental part) you complete the dance again, then you dance twice till count 48

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