

# These Are The Days

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Ree Patterson (AUS) - May 2010

Musik: These Are the Days - Sugarland



**Introduction: 32 Beats - This dance is done in TWO directions.**

## **Cross Samba, Cross Samba, Rock Fwd, Rock Back, Shuffle Back**

- 1 & 2 Cross R Over L, Step L To L Side, Step R To R Side
- 3 & 4 Cross L Over R, Step R To R Side, Step L To L Side
- 5, 6 Rock Fwd R, Rock Back On L
- 7 & 8 Shuffle Back:- R-L-R

## **Touch Back, 1/2 Turn, Shuffle Back, Touch Back, 1/2 Turn, Shuffle Back**

- 1, 2 Touch L Toe Back, Turn 180 Deg L (Weight On R)
- 3 & 4 Shuffle Back:- L-R-L
- 5, 6 Touch R Toe Back, Turn 180 Deg R (Weight On L)
- 7 & 8 Shuffle Back:- R-L-R

## **Coaster, Paddle, Front, Side, Behind-Side-Cross**

- 1 & 2 Coaster: Step L Back, Step R Together, Step L Forward
- 3, 4 Paddle: Step R Fwd, Turn 90 Degs L
- 5, 6 Cross R Over L, Step L To L Side
- 7 & 8 Step R Behind L, Step L To Side, Cross R Over L

## **Side Rock, Side Rock, Hinge 1/2 Turn Side Shuffle, Front, Side, 1/4 Turn Coaster**

- 1, 2 Step L To L Side, Rock Onto R
- 3 & 4 Turning 180 Degs L (Hinge) Side Shuffle To L Side:- L-R-L
- 5, 6 Cross R Over L, Step L To L Side
- 7 & 8 Coaster: Step R Back 90 Degs R, Step L Back, Step R Fwd

## **Step Fwd, 1/2 Turn, 1/2 Turn Shuffle, Cross, Point, Cross, Point**

- 1, 2 Step L Fwd, Step R Back Turning 180 Degs L
- 3 & 4 Turn 180 Degs L Shuffle Fwd:- L-R-L (##)
- 5, 6 Cross R Over L, Point L Toe To L Side
- 7, 8 Cross L Over R, Point R Toe To R Side

## **Rock Fwd, Rock Back, Coaster, Rock Fwd, Rock Back, Coaster**

- 1, 2 Rock Fwd On R, Rock Back On L
- 3 & 4 Coaster: Step R Back, Step L Together, Step R Forward
- 5, 6 Rock Fwd On L, Rock Back On R
- 7 & 8 Coaster: Step L Back, Step R Together, Step L Forward

## **Paddle, Cross Shuffle, 1/4 Turn, 1/2 Turn, Shuffle Fwd**

- 1, 2 \*\* Step R Fwd, Turn 90 Degs L
- 3 & 4 Cross Shuffle R Over L Stepping:- R-L-R
- 5, 6 Step L Back 90 Degs R, Step R Back 180 Degs R
- 7 & 8 Shuffle Fwd:- L-R-L

## **Rocking Chair, Pivot Turn, Full Turn**

- 1, 2 Rock Fwd On R, Rock Back On L
- 3, 4 Rock Back On R, Rock Fwd On L

5, 6 Step R Fwd, Turn 180 Degs L  
7, 8 Turn 360 Degs L Stepping: R-L (Alternative: Walk Fwd R-L) \*\*  
64 Repeat Dance In New Direction

**Tag: At The End Of Wall 1, Repeat Counts 49 To 64 \*\*(Last 16 Counts) Then Restart Facing Back Wall**

**Restart: During Wall 3, Dance To Beat 36 (##) (!/2 Turn Shuffle Fwd Left) Then Restart Facing Back Wall.**

**NOTE: During the song the music stops briefly, just keep dancing during this short break in music.**

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