These Days

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Hayley Wheatley (UK) - November 2014
Music: These Days - Take That

Music Released 23rd November 2014 on iTunes and Amazon

Intro:- 32 counts (start on heavy beat)
Tag at the end of wall 3

CROSS ROCK, RECOVER, CHASSE ¼ TURN, ROCK FORWARD, RECOVER, BEHIND, TURN, STEP

1-2	Cross rock left foot over right, recover onto right foot
3&4	Step left foot to left side, close right foot next to left, step left foot to left making ¼ turn left (9:00)
5-6	Rock forward onto right foot, recover onto left
7&8	Step right foot behind left, make ¼ turn left stepping left foot to left side, step forward on right foot (6:00)

ROCK FORWARD, RECOVER, BALL STEP, STEP FORWARD, ROCK FORWARD, RECOVER, SHUFFLE BACK

1 -2	Rock forward on left foot, recover onto right,
&3-4	Step back onto ball of left foot, step forward onto right, step forward onto left foot
5-6	Rock forward on right foot, recover onto left foot
7&8	Step back on right foot, step left foot next to right, step back on right foot

COASTER STEP, PIVOT ¼ TURN, CROSS, SIDE, ROCK, BACK ROCK, RECOVER

1 &2	Step back on left foot, step right foot next to left, step forward on left foot
3-4	Step forward onto right foot, pivot ¼ turn left (3:00)
5-6	Cross step right foot over left, step left foot to left side
7-8	Rock back onto right foot, recover onto left

HALF MONTEREY ½ TURN, STEP PIVOT ½ TURN, FULL TURN RIGHT, KICK, OUT, OUT

1 -2	Touch right toe to right side, make ½ turn right stepping weight onto right foot (9:00)
3-4	Step forward onto left foot, pivot ½ turn right (3:00)
5-6	Turn ½ turn right stepping back on left foot, turn ½ turn right stepping forward onto right foot
7&8	Kick left foot forward, step left foot out to left side, step right foot out to right side

Tag: 16 counts performed at the end of wall 3 facing (9:00)
STEP PIVOT ½ TURN X2, LEFT ROCK AND CROSS, RIGHT ROCK AND CROSS

1 -2	Step forward on left foot, pivot 1/2 turn right (3:00)
3-4	Step forward onto left foot, pivot ½ turn right (9:00)
5&6	Rock left foot to left side, recover onto right, cross left foot over right
7&8	Rock right foot to right side, recover onto left, cross right foot over left

MONTEREY ½ TURN, MONTEREY ¼ TURN

1 -2	Touch left toe to left side, make ½ turn over left shoulder stepping weight onto left foot (3:00)
3-4	Touch right toe to right side, close right foot next to left
5 -26	Touch left toe to left side, make ¼ turn over left shoulder stepping weight onto left foot (12:00)
3-4	Touch right toe to right side, close right foot next to left

RESTART DANCE FACING 12:00

Contact: hcwheatley@live.com www.facebook.com/hcwheatley twitter@hayleywheatley.com