

These Days

Count: 32

Wall: 2

Level: Improver

Choreographer: Chrissie Trent (NZ) - July 2020

Music: These Days - McPeake : (EP: Gypsies In The Wood)



Intro: 32 Counts

[1 - 8] SIDE, TCH, SIDE TCH, SIDE TOG FWD, TCH, SIDE, TCH, SIDE, TCH, SIDE TOG BACK

1&2& Step R side, Touch L next to R, Step L side, Touch R next to L
3&4& Step R side, Step L together, Step R fwd, Touch L next to R
5&6& Step L side, Touch R next to L, Step R side, Touch L next to R
7&8 Step L side, Step R together, Step L back

[9 - 16] BACK-LOCK-BACK, COASTER STEP, 2 x ½ PIVOTS

1&2 Step back R, Lock L over R, Step back R
3&4 Step L back, Step R together, Step L fwd
5-6 Step R fwd, ½ pivot L (weight on L)
7-8 Step R fwd, ½ pivot L (weight on L) * RESTART HERE WALL 3 *

[17 -24] VINE R, SIDE ROCK-CROSS-HOLD, VINE L, SIDE ROCK-CROSS-HOLD

1&2& Step R side, Cross L behind R, Step side R, Cross L over R
3&4 Step R side, Recover on L, Cross R over L Hold
5&6& Step L side, Cross R behind L, Step side L, Cross R over L
7&8 Step L side, Recover on R, Cross L over R Hold

[25 - 32] ROCK FWD, RECOVER, ½ TURN, FULL TURN, MAMBO, COASTER STEP

1&2 Rock R fwd, Recover on L, ½ turn right stepping fwd on R
3&4 ½ turn right stepping back on L, ½ turn R stepping fwd on R, Step fwd L

Alternative: Shuffle fwd L-R-L

5&6 Step R fwd, Step L in place, Step R back
7&8 Step L back, Step R together, Step L fwd

REPEAT DANCE IN NEW DIRECTION

RESTART: WALL 3 - dance up to & including Count 16 (1/2 pivot L) then restart facing (12:00)

ENDING: Dance up to & incl. Count 16 (1/2 pivot L) Cross R over L - slowly unwind left to face the front

Choreographer's Note: Part way through the dance, the music slows right down, just keep on dancing ☐

Although choreographed last year, this dance was saved for a workshop in March 2021