

# A Day and Age

Count: 48

Wall: 4

Level: Improver - Waltz

Choreographer: Jo Thompson Szymanski (USA) - February 2023

Music: Friends for a Day and Age - Nancy Hays



(No Restarts or Tags!)

## [1-6] LEFT TWINKLE, RIGHT TWINKLE

- 1-3 Step L forward across R (1); Step R to right (2); Facing left diagonal step L slightly forward (3)  
4-6 Step R forward across L (4); Step L to left (5); Facing right diagonal step R slightly forward (6)

## [7-12] STEP, SLOW KICK, BACK TWINKLE

- 1-3 Step L forward toward 1:30 (1), Hitch R knee (2), Kick R forward (3) 1:30  
4-6 Step R back behind L (4); Squaring up to 12:00 step L to left (5); Facing left diagonal step R slightly back (6)

## [13-18] BACK TWINKLE, BEHIND, 1/4 TURN LEFT, FORWARD

- 1-3 Step L back behind R (1); Squaring up to 12:00 step R to right (2); Facing right diagonal step L slightly back (3)  
4-6 Squaring up to 12:00 step R behind L (4); Turn 1/4 left stepping L forward (5); Step R forward (6) 9:00

## [19-24] FORWARD, 1/4 TURN LEFT with SWEEP, CROSS, SIDE, BEHIND

- 1-3 Step L forward (1); Turn 1/4 left sweeping R forward over 2 counts (2-3) 6:00  
4-6 Step R across L (4); Step L to left (5); Step R behind L (6)

**Note: Optional full reverse roll turning right on counts 5-6 by doing this:**

**Step R across L (4); Turn 1/4 right stepping L back (5); Turn 1/2 right stepping R forward (6); Turn 1/4 right to face 6:00 stepping L to left on count 1 of the next section**

## [25-30] SWAY LEFT, SWAY RIGHT

- 1-3 Large step L to left with sway allowing R foot to slowly drag in  
4-6 Large step R to right with sway allowing L foot to slowly drag in

**Tip: Face body slightly right on count 6 to be ready for the next step.**

## [31-36] LEFT TWINKLE with 1/4 TURN LEFT, RIGHT TWINKLE

- 1-3 Step L forward across R; (1) Turn 1/4 left stepping R to right (2); Step L to left (3) 3:00  
4-6 Step R forward across L (4); Step L to left (5); Step R to right (6)

## [37-42] CROSS ROCKS X 2

- 1-3 Cross rock L over R (1); Recover weight on R (2); Step L to left (3)  
4-6 Cross rock R over L (4); Recover weight on L (5); Step R to right (6)

## [43-48] SLOW TURN RIGHT, RIGHT TWINKLE

- 1-3 Turn 1/4 right stepping L forward (1); Slowly pivot 1/2 right keeping weight on L (2-3)  
4-6 Step R forward (4); Turn 1/4 right stepping L to left (5); Step R in place (6) 3:00

**Non-turning option: Cross L over R (1); Hold 2 counts (2-3) Step R back behind L (4); Rock L to left (5); Recover to R (6)**

Start again from the beginning.