

These Are the Days

Count: 32

Wall: 4

Level: Improver

Choreographer: Audrey Jean (CAN) & Wild Boots Country Dance (CAN) - October 2024

Music: THESE ARE THE DAYS - Niko Moon



Intro 32 count, No tag or restart

Section 1 (1-8) (Rock step RF, Triple full turn, rock step LF, full turn

- 1-2 rock RF step , return to LF
- 3&4 1/2 turn RF to right, LF next to right foot, 1/2 turn right RF
- 5-6 rock LF step, return to RF
- 7&8 1/2 turn LF to left , RF next to left foot, 1/2 turn Left LF

Section 2 (8-16) Stomp right, Hold , shuffle forward LF , rock RF , coaster step RF

- 1 stomp RF strike the ground with the RF, putting all your weight on it
- 2 Hold
- 3&4 shuffle front LF,RF,LF
- 5-6 rock RF take a step forward with your body weight
- 7&8 Step right back, step left beside to right, step right forward

Section 3(16-24) behind side cross, side rock, sailor step RF , left sailer step 1/4

- 1&2 behind side cross (step left behind, to right to right, cross left over right)
- 3-4 side rock right (right leg to right , return to left foot)
- 5&6 sailor step right (step right behind,step LF to left, step RF to right)
- 7&8 sailor step left and 1/4 turn (step left behind RF, step RF to left, step LF to right)

Section 4 (24-32) : charleston step, stomp x2 , heel split x2

- 1-2 charleston RF to front (right heel forward)
- 3-4 charleston LF to front (point LF behind)
- 5-6 stomp RF strike the ground with your RF (5) stomp LF (6) strike the ground with your LF
- 7-8 hell split [raise the heel slightly with bending the knees outwards and bring the heels towards the center) x2

Last Update: 1 Mar 2025