

# These Days!

Count: 56

Wall: 0

Level:

Choreographer: Paul Snooke (AUS)

Music: These Days - Rascal Flatts



## **CROSS ROCK, ½ SHUFFLE, FORWARD ROCK, 3/8, ¼, SAILOR**

- 1-2&3&4 Turning 45 degrees left step right forward, replace weight on left, turning ½ turn right step right forward, shuffle forward left-right-left (facing 5:00)
- &5&6-7&8 Step right forward, replace weight on left, turning 135 degrees right step right forward, turning ¼ turn right step left to left side (facing 12:00), step right behind left, step left to left side, step right to right side (sailor)

## **CROSS ROCK BACK, ½, COASTER STEP, ½, FORWARD, ROCK, 1 ½ TURN**

- 1-2&3&4 Turning 45 degrees left step left back, replace weight on right, turning ½ turn right step left back, step right back, step left together, step right forward (coaster) (facing 5:00)
- &5-6&7-8 Lifting left foot up to right knee turn ½ turn right, step left forward, replace weight on right turning ½ turn left step left forward, turning ½ turn left step right back, turning ½ turn left step left forward, (facing 5:00)

## **STEP FORWARD, BACK, BACK, COASTER, 3/8, BACK ROCK, ½, FORWARD ROCK**

- &1-2-3&4 Step right forward, step left back, step right back, step left back, step right together, step left forward (facing 5:00)
- &5-6&7-8 Turning 135 degrees left step right back, step left back, replace weight on right, lifting left foot up to right knee turn ½ turn right, step left forward, replace weight on right (facing 9:00)

## **½, ¼, BEHIND, SIDE, CROSS, ROCK, SIDE, CROSS, UNWIND, SHUFFLE**

- &1-2&3-4 Turning ½ turn left step left forward, turning ¼ turn left step right to right side, step left behind, step right to right side, cross left over right, replace weight on right
- &5-6-7&8 Step left to left side, cross right over left, unwind ½ turn left (weight on left), shuffle forward right-left-right

## **STEP, ¼, CROSS, SIDE, BACK ROCK, TOGETHER, KICK TWICE, BACK, BACK, POP X 3**

- &1-2&3-4 Step left forward, pivot ¼ turn right (weight on right), cross left over right, step right to right side, turning 45 degrees left step left back, replace weight on right (facing 5:00)
- &5-6&7&8 Step left together, kick right forward, kick right forward, step right back, while stepping left back pop right knee, pop left knee, pop right knee

## **BACK ROCK, 7/8, FORWARD ROCK, ¼, CROSS, SIDE**

- 1-2-3&4 Step right back, replace weight on left, turning 315 degrees right triple step right-left-right (facing 5:00)
- 5-6&7-8 Step left forward, replace weight on right, turning ¼ turn left step left to left side, cross right over left, step left to left side

## **BACK ROCK, SIDE, BACK, TOUCH, FORWARD, ½, BACK, STEP, KICK, HITCH, TOUCH**

- 1-2&3-4 Cross right behind left, replace weight on left, step right to right side, turning 45 degrees right step left back, touch right back
- 5&6-7&8&8 Step right forward, turning ½ turn step left back, step right back, step left forward, kick right forward, hitch right knee, touch right toe back

**REPEAT**

**RESTART**

On the 4th wall, after count 42 drag the right together for 4 counts and restart dance again

