

# Blue Days

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** John Sharman (UK)

**Musique:** Blue Days - Merv & Maria



---

## STEP, HOLD, AND TOUCH, CROSS

- 1-2 Step right foot to right side, hold for one beat  
&3-4 Step on left beside right, touch right toe to right side, cross right over left

## STEP, HOLD, AND TOUCH, STEP FORWARD

- 5-6 Step left foot to left side, hold for one beat  
&7-8 Step on right beside left, touch left toe to left side, step forward on left

## ROCK, RECOVER, SHUFFLE BACK

- 9-10 Rock forward on right, rock back on left  
11&12 Step back on right, step on left beside right, step back on right

## ROCK, RECOVER, HITCH TURN, STEP, LOCK, STEP

- 13-14 Rock forward on left, rock back on right  
& Hitch left foot in front of right shin making a half turn left  
15&16 Step forward left, lock right behind left, step forward on left

## CROSS, BACK, SHUFFLE ¼ TURN

- 17-18 Step on right over left, step back on left  
19&20 Step on right to right side turning a ¼ turn right, step on left beside right, step forward on right

## CROSS, BACK, SHUFFLE HALF TURN

- 21-22 Step on left over right, step back on right  
23&24 Turning a ¼ turn left step on left, step on right beside left, making a further ¼ turn left stepping on left

## WEAVE LEFT

- 25-26 Step on right over left, step on left to left side  
27-28 Step on right behind left, step on left to left side

## HEEL AND HEEL AND HEEL HOLD

- 29& Touch right heel forward, step on right  
30& Touch left heel forward, step on left  
31& Touch right heel forward, step on right  
32 Hold for one beat

## REPEAT

---