

# 30 Days

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Robbie McGowan Hickie (UK) - April 2013

Musique: 30 Days - The Saturdays



## 32 Count intro

### **Cross Rock. Chasse Right. Cross. Side Step Right. Behind & Heel.**

- 1 – 2 Cross rock Right over Left. Rock back on Left.
- 3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side.
- 5 – 6 Cross step Left over Right. Step Right to Right side.
- 7&8 Cross Left behind Right. Step Right to Right side. Dig Left heel Diagonally forward Left.

### **&Cross. Hold. &Cross. 1/4 Turn Right. 1/4 Turn Chasse Right. Heel Grind 1/4 Turn Left.**

- &1 – 2 Step Left back to place. Cross step Right over Left. Hold.
- &3 – 4 Step Left to Left side. Cross step Right over Left. Make 1/4 turn Right stepping back on Left.
- 5&6 Make 1/4 turn Right stepping Right to Right side. Close Left beside Right. Step Right to Right side.
- 7 – 8 Dig Left heel across Right. Grind Left heel Left making 1/4 turn Left stepping back on Right.

### **Left Coaster Step. 2 x Walks Forward. Right Kick-Ball-Step Forward. Diagonal Rock Step.**

- 1&2 Step back on Left. Step Right beside Left. Step forward on Left. (Facing 3 o'clock)
- 3 – 4 Walk forward on Right. Walk forward on Left.
- 5&6 Kick Right forward. Step ball of Right beside Left. Step forward on Left.
- 7 – 8 Rock Right Diagonally forward Right. Recover weight on Left turning to face Left Diagonal.

### **Cross. Back. Back. Cross. Back. Together. Right Shuffle Forward.**

- 1 – 2 Still on Left Diagonal...Cross step Right over Left. Step Left Diagonally back Left.
- 3 – 4 Turn to Face Right Diagonal...Step Right Diagonally back Right. Cross step Left over Right.
- 5 – 6 Straighten up to 3 o'clock stepping back on Right. Step Left beside Right. (Weight on Left)
- 7&8 Right shuffle forward stepping Right. Left. Right. (Facing 3 o'clock)

### **Cross Rock. Chasse 1/4 Turn Left. 2 x 1/2 Turns Left. Step. Pivot 1/4 Turn Left.**

- 1 – 2 Cross rock Left over Right. Rock back on Right.
- 3&4 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.
- 5 – 6 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.
- 7 – 8 Step forward on Right. Pivot 1/4 turn Left. (Facing 9 o'clock)

### **Cross. Scuff. Ball-Step. Scuff. Step. Lock. Left Lock Step Forward.**

- 1 – 2 Turn to Face Left Diagonal...Cross step Right over Left. Scuff Left Diagonally forward Left.
- &3 Step ball of Left beside Right. Step Right Diagonally forward Left.
- 4 Scuff Left Diagonally forward Left – Swinging around to Face Right Diagonal.
- 5 – 6 Still on Right Diagonal...Step forward on Left. Lock step Right behind Left.
- 7&8 Step forward on Left. Lock step Right behind Left. Straighten up to 9 o'clock stepping forward on Left.

### **Forward Rock. 1/4 Turn Right. Cross. 2 x 1/4 Turns Left. Right Cross Shuffle.**

- 1 – 2 Rock forward on Right. Rock back on Left.
- 3 – 4 Make 1/4 turn Right stepping Right to Right side. Cross step Left over Right. (Facing 12 o'clock)
- 5 – 6 Make 1/4 turn Left stepping back on Right. Make 1/4 turn Left stepping Left to Left side.
- 7&8 Cross step Right over Left. Step Left to Left side. Cross step Right over Left. (Facing 6 o'clock)

**Left Side Rock. Behind & Cross. Walk Around Full Circle Turn Right.**

- 1 – 2            Rock Left out to Left side. Recover weight on Right.  
3&4            Cross Left behind Right. Step Right to Right side. Cross step Left over Right.  
5 – 8            Walk around in a Circle making Full Turn Right...Stepping Right. Left. Right. Left. (Facing 6 o'clock)

**Start Again**

**Note: Music is NOT Perfectly Phrased, but I Chose to Ignore any Tags or Restarts for the Dance ?**

**Ending: Music ends During Wall 6 ... Dance to Count 36 (Chasse 1/4 Turn Left) ... Then Add On ...  
(1) Step forward on Right. (2) Pivot 1/2 turn Left. (End Facing 12 o'clock)**

**Contact: [www.robbiemh.co.uk](http://www.robbiemh.co.uk)**

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