

# These Days

**COPPER KNOB**  
BY STEPHEN HETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Hayley Wheatley (UK) - November 2014  
音乐: These Days - Take That



Music Released 23rd November 2014 on iTunes and Amazon

Intro:- 32 counts (start on heavy beat)  
Tag at the end of wall 3

## **CROSS ROCK, RECOVER, CHASSE ¼ TURN, ROCK FORWARD, RECOVER, BEHIND, TURN, STEP**

- 1-2            Cross rock left foot over right, recover onto right foot  
3&4           Step left foot to left side, close right foot next to left, step left foot to left making ¼ turn left (9:00)  
5-6           Rock forward onto right foot, recover onto left  
7&8           Step right foot behind left, make ¼ turn left stepping left foot to left side, step forward on right foot (6:00)

## **ROCK FORWARD, RECOVER, BALL STEP, STEP FORWARD, ROCK FORWARD, RECOVER, SHUFFLE BACK**

- 1 -2           Rock forward on left foot, recover onto right,  
&3-4          Step back onto ball of left foot, step forward onto right, step forward onto left foot  
5-6           Rock forward on right foot, recover onto left foot  
7&8           Step back on right foot, step left foot next to right, step back on right foot

## **COASTER STEP, PIVOT ¼ TURN, CROSS, SIDE, ROCK, BACK ROCK, RECOVER**

- 1 &2          Step back on left foot, step right foot next to left, step forward on left foot  
3-4           Step forward onto right foot, pivot ¼ turn left (3:00)  
5-6           Cross step right foot over left, step left foot to left side  
7-8           Rock back onto right foot, recover onto left

## **HALF MONTEREY ½ TURN, STEP PIVOT ½ TURN, FULL TURN RIGHT, KICK, OUT, OUT**

- 1 -2           Touch right toe to right side, make ½ turn right stepping weight onto right foot (9:00)  
3-4           Step forward onto left foot, pivot ½ turn right (3:00)  
5-6           Turn ½ turn right stepping back on left foot, turn ½ turn right stepping forward onto right foot  
7&8           Kick left foot forward, step left foot out to left side, step right foot out to right side

Tag: 16 counts performed at the end of wall 3 facing (9:00)

## **STEP PIVOT ½ TURN X2, LEFT ROCK AND CROSS, RIGHT ROCK AND CROSS**

- 1 -2           Step forward on left foot, pivot 1/2 turn right (3:00)  
3-4           Step forward onto left foot, pivot ½ turn right (9:00)  
5&6           Rock left foot to left side, recover onto right, cross left foot over right  
7&8           Rock right foot to right side, recover onto left, cross right foot over left

## **MONTEREY ½ TURN, MONTEREY ¼ TURN**

- 1 -2           Touch left toe to left side, make ½ turn over left shoulder stepping weight onto left foot (3:00)  
3-4           Touch right toe to right side, close right foot next to left  
5 -26          Touch left toe to left side, make ¼ turn over left shoulder stepping weight onto left foot (12:00)  
3-4           Touch right toe to right side, close right foot next to left

**RESTART DANCE FACING 12:00**

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