

These Days

拍数: 32 墙数: 2 级数: Improver
编舞者: Nathan Gardiner (SCO) - January 2015
音乐: These Days - Take That



Intro: 32 counts

Restart: On wall 2 dance up to count 16 then Restart the dance

CROSS ROCK, RECOVER, CHASSE 1/4 LEFT, STEP 1/2 LEFT, FULL TURN LEFT

1-2 Cross rock left over right, Recover on right
3&4 Step left to left side, Step right next to left, Turn 1/4 left stepping forward on left
5-6 Step forward on right, Turn 1/2 left
7-8 Turn 1/2 left stepping back on right, Turn 1/2 left stepping forward on left

HEEL, &, TOUCH, &, POINT, &, POINT, &, HEEL, &, TOUCH, STEP 1/4 RIGHT

1&2& Touch right heel forward (or low kick), Step back in place, Touch left next to right, Step back in place
3&4& Point right toes out to right side, Step back in place, Point left toes out to left side, Step back in place
5&6 Touch right heel forward (or low kick), Step back in place, Touch left next to right
7-8 Step forward on left, Turn 1/4 right

CROSS SHUFFLE, TURN 1/4 RIGHT, TURN 1/2 RIGHT, 1/4 RIGHT INTO SIDE ROCK TOGETHER, SIDE ROCK, RECOVER

1&2 Cross step left over right, Step right to right side, Cross step left over right
3-4 Turn 1/4 right stepping forward on right, Turn 1/2 right stepping back on left
5-6 Turn 1/4 right and rock out to right side, Recover on left
&7-8 Step right next to left, Rock out to left side, Recover on right

SAILOR STEP, SAILOR STEP, ROCK FORWARD, RECOVER, &, TOUCH, STEP RIGHT

1&2 Step left behind right, Step right to right side, Step left to left side
3&4 Step right behind left, Step left to left side, Step right to right side
5-6 Rock forward on left, Recover on right
&7-8 Step back on left, Touch right next to left, Step right to right side

Start Again.....Happy Dancing

Contact: nathan.gardiner1998@hotmail.co.uk