

These Days

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Ria Vos (NL) - February 2018
音乐: These Days (feat. Jess Glynne, Macklemore & Dan Caplen) - Rudimental



Intro: 16 Counts (\pm 10 sec)

Rock Back, Kick-Step, Touch Behind, Unwind $\frac{1}{2}$ Turn L, Shuffle $\frac{1}{2}$ Turn L, $\frac{1}{4}$ L Side-Together-Cross

1& Rock Back on R, Recover on L
2& Kick R Fwd, Step R Fwd
3-4 Touch L Behind R Heel, Unwind $\frac{1}{2}$ Turn L (weight on L) (6:00)
5&6 Shuffle $\frac{1}{2}$ Turn L Stepping R-L-R (12:00)
&7-8 $\frac{1}{4}$ Turn L Step L to L Side, Step R Next to L, Cross L Over R (9:00)

Kick-Ball-Cross, Side-Together-Cross, L Side Rock-Cross, R Side Rock-Cross

1&2 Kick R to R Diagonal, Step R Next to L, Cross L Over R
&3-4 Step R to R Side, Step L Next to R, Cross R Over L
5&6 Rock L to L Side, Recover on R, Cross L Over R
7&8 Rock R to R Side, Recover on L, Cross R Over L

Back Lock Step, $\frac{1}{4}$ R Side, Touch, Side, Touch, $\frac{1}{4}$ R Shuffle Fwd, Hip Bump Fwd, $\frac{1}{2}$ Turn R with Sweep

1&2 Step Back on L, Lock R Over L, Step Back on L
&3 $\frac{1}{4}$ Turn R Step R to R Side, Touch L Next to R (12:00)
&4 Step L to L Side, Touch R Next to L
5&6 $\frac{1}{4}$ Turn R Shuffle Fwd Stepping R-L-R (3:00)
7& Step & Bump L Fwd, Recover on R
8 $\frac{1}{2}$ Turn R Step Weight Back on L Sweeping R from Front to Back (9:00)

Behind, Side, Cross Rock, Side, Rock Back, L Dorothy, Rock Fwd, Point

1& Step R Behind L, Step L to L Side ***Tag from here
2&3 Cross Rock R Over L, Recover on L, Step R Big Step to R Side
4& Rock Back on L, Recover on R
5-6& Step L Fwd to L Diagonal, Lock R Behind L, Step L Fwd to L Diagonal
7&8 Rock Fwd on R, Recover on L, Point R to R Side

Tag: After wall 1 (9:00)

Repeat last 8 counts of the dance and start again