

# These Are the Glory Days

**COPPER KNOB**  
STEPPERS

拍数: 48      墙数: 2      级数: Phrased High Improver  
编舞者: Jan Cook (USA) - August 2023  
音乐: Glory Days - Gabby Barrett



Intro 16 Counts. Sequence is AA, B, AA, B(short), AA, BB, B(short)

## Part A - 32 Counts – 2 Walls – Always done twice

### SECTION 1 – Side Together Fwd, Side Together Fwd, Step, Touch, Step, Coaster Step

- 1&2      Step R to R side (1), step L next to R (&), step forward on R (2)
- 3&4      Step L to L side (3), step R next to L (&), step forward on L (4)
- 5&6      Step forward on R (5), touch L toe behind R heel (&), step back on L (6)
- 7&8      Step back R (7), close L beside R (&), Step forward R (8)

### SECTION 2 – Quarter Turn Cross, Chasse R, Rock Back, Chasse Left

- 1&2      Step forward L (1), Step R while turning 1/4 (&), Cross L over R (2) (3:00)
- 3&4      Step R to R side (3), close L beside R (&), step R to R side (4)
- 5-6      Cross rock L behind R (5), recover weight to R (6)
- 7&8      Step L to L side (7), close R beside L (&), step L to L side (8).

### SECTION 3 – Cross, ¼ Turn R, Chasse ¼ Turn, Pivot ½ Turn, Chasse ¼ Turn

- 1      Cross R over L (1)
- 2      Turn ¼ R while stepping back on L (2) (6:00)
- 3&4      Step R to R side (3), close L beside R (&), Turn ¼ R as you step R (4) (9:00)
- 5-6      Step forward on L (5), pivot ½ turn over Right shoulder stepping on R (6) (3:00)
- 7&8      Make a ¼ gradual turn R as you Step L to L side (7), close R beside L (&), Step L (8) (6:00)

### SECTION 4 – Rock Back, Kick Ball Cross, Side Step Touch (x2)

- 1-2      Cross rock R behind L (1), recover weight to L (2)
- 3&4      Kick R (3), step R (&), Cross L over R (4)
- 5-6      Step R to R side (5), touch L beside R (6)
- 7-8      Step L to L side (7), touch R beside L (8)

## Part B – 16 Counts – 1 Wall (Short B – do Section 1 only). Always done on 12:00 Wall.

### SECTION 1 – Side Step/Ball Touch Hold (X2), V-Step\*

- &1,2      R side step (&), L ball touch besides R (1), hold (2)
- &3,4      L side step (&), R ball touch besides L (3), hold (4)
- 5-6      Step diagonally forward to R with R (5), Step diagonally forward to L with L (6)
- 7-8      Bring R back in (7), close L beside R (8)

\*Styling – as you do the side steps in counts 1 – 4, point same arm down to floor (lyrics are “right here, right now”).

Raise arms forward to chest high and spread out as you do counts 5-8.

### SECTION 2 – Forward R Recover, Shuffle ½, Forward L Recover, Shuffle ½ (open/close the door)

- 1-2      R rocks forward (1), recover back on L (2)
- 3&4      ¼ turn R with R side step (3), L steps besides R (&), ¼ turn R with R stepping forward (4) (6:00)
- 5-6      L rocks forward (5), recover back on R (6)
- 7&8      ¼ turn L with L side step (7), R steps besides L (&), ¼ turn L with L stepping forward (8) (12:00)

Sequence is AA, B, AA, B(short), AA, BB, B(short)

