

These Are the Days

拍数: 32 墙数: 4 级数: Improver
编舞者: Audrey Jean (CAN) - October 2024
音乐: THESE ARE THE DAYS - Niko Moon



Intro 32 count, No tag or restart

Section 1 Rock step forward, full turn, rock, full turn

1&2 rock RF step forward with your body weight
3-4 full turn to right complete turn in 2 steps, making 1\2 turn with each step
5&6 rock LF step forward with your body weight
7-8 full turn to right complete turn in 2 steps, making 1\2 turn with each step

Section 2 Stomp right, break, shuffle , rock , coaster

1 stomp RF strike the ground with the RF, putting all your weight on it
2 break
3&4 shuffle front LF strike the ground with the LF, putting all your weight on it
5-6 rock RF take a step forward with your body weight
7&8 Step right back, step left next to right, step right forward

Section 3 behind side cross, side rock, sailor step, sailer step left ¼ round

1&2 behind side cross (cross RF behind LF to left, cross RF in front of LF)
3-4 side rock right (take a step to the right with weight transfer)
5&6 sailor step right (RF crosses behind LF, LF to left, RF to right)
7-8 sailor step left and ¼ round (LF crosses behind RF, RF to left, LF to right)

Section 4 : charleston step, stomp x2 , heel split x2

1-2 charleston RF to front (point right heel forward)
3-4 charleston LF to front (point LF behind)
5-6 stomp RF strike the ground with your RF using all your weight (5) stomp LF (6) strike the ground with your LF using all your weight
7-8 hell split [raise the heel slightly with bending the knees outwards and bring the heels towards the center) x2

Last Update – 27 Oct. 2024 – R1