

These Days

COPPER KNOB
STEPSHEETS

拍数: 42 墙数: 2 级数: Improver
编舞者: Diana Bishop (AUS)
音乐: These Days - Rascal Flatts



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|-------|---|
| 1-2-3 | Rock to right onto right, rock to left onto left, step right across left |
| 4-5-6 | Rock to left onto left, rock to right onto right, step left across right |
| 1-2-3 | Rock forward onto right, rock onto left, back onto right |
| 4-5-6 | Rock back onto left, forward onto right, forward onto left |
| 1-2-3 | Step forward right, turn $\frac{1}{2}$ to left (pivoting on ball of left foot), step right forward |
| 4-5-6 | Step forward left, turn $\frac{1}{2}$ to right (pivoting on ball of right foot), step left forward |
| 1-2-3 | Walk forward right-left-right (shuffle) |
| 4-5-6 | Walk forward left-right-left (shuffle) |
| 1-2-3 | Step right forward, turn $\frac{1}{4}$ to left (pivoting on ball of left foot), step right next to left |
| 4-5-6 | Step left forward, turn $\frac{1}{4}$ to right (pivoting on ball of right foot), step left next to right |
| 1-2-3 | Step right to right, step left next to right, step right to right |
| 4-5-6 | Step left to left, step right next to left, turn $\frac{1}{4}$ to left step left forward |
| 1-2-3 | Rock right to right side, turn $\frac{1}{4}$ to left (pivoting on ball of left foot), step right next to left |
| 4-5-6 | Step left forward, turn $\frac{1}{2}$ to left step back on right, turn $\frac{1}{2}$ to left step right forward (full turn moving forward) or shuffle forward left-right-left |

REPEAT
