

# These Are The Days

拍数: 64                      墙数: 2                      级数: Intermediate  
编舞者: Ree Patterson (AUS) - May 2010  
音乐: These Are the Days - Sugarland



**Introduction: 32 Beats - This dance is done in TWO directions.**

## **Cross Samba, Cross Samba, Rock Fwd, Rock Back, Shuffle Back**

1 & 2                      Cross R Over L, Step L To L Side, Step R To R Side  
3 & 4                      Cross L Over R, Step R To R Side, Step L To L Side  
5, 6                      Rock Fwd R, Rock Back On L  
7 & 8                      Shuffle Back:- R-L-R

## **Touch Back, 1/2 Turn, Shuffle Back, Touch Back, 1/2 Turn, Shuffle Back**

1, 2                      Touch L Toe Back, Turn 180 Deg L (Weight On R)  
3 & 4                      Shuffle Back:- L-R-L  
5, 6                      Touch R Toe Back, Turn 180 Deg R (Weight On L)  
7 & 8                      Shuffle Back:- R-L-R

## **Coaster, Paddle, Front, Side, Behind-Side-Cross**

1 & 2                      Coaster: Step L Back, Step R Together, Step L Forward  
3, 4                      Paddle: Step R Fwd, Turn 90 Degs L  
5, 6                      Cross R Over L, Step L To L Side  
7 & 8                      Step R Behind L, Step L To Side, Cross R Over L

## **Side Rock, Side Rock, Hinge 1/2 Turn Side Shuffle, Front, Side, 1/4 Turn Coaster**

1, 2                      Step L To L Side, Rock Onto R  
3 & 4                      Turning 180 Degs L (Hinge) Side Shuffle To L Side:- L-R-L  
5, 6                      Cross R Over L, Step L To L Side  
7 & 8                      Coaster: Step R Back 90 Degs R, Step L Back, Step R Fwd

## **Step Fwd, 1/2 Turn, 1/2 Turn Shuffle, Cross, Point, Cross, Point**

1, 2                      Step L Fwd, Step R Back Turning 180 Degs L  
3 & 4                      Turn 180 Degs L Shuffle Fwd:- L-R-L (##)  
5, 6                      Cross R Over L, Point L Toe To L Side  
7, 8                      Cross L Over R, Point R Toe To R Side

## **Rock Fwd, Rock Back, Coaster, Rock Fwd, Rock Back, Coaster**

1, 2                      Rock Fwd On R, Rock Back On L  
3 & 4                      Coaster: Step R Back, Step L Together, Step R Forward  
5, 6                      Rock Fwd On L, Rock Back On R  
7 & 8                      Coaster: Step L Back, Step R Together, Step L Forward

## **Paddle, Cross Shuffle, 1/4 Turn, 1/2 Turn, Shuffle Fwd**

1, 2                      \*\* Step R Fwd, Turn 90 Degs L  
3 & 4                      Cross Shuffle R Over L Stepping:- R-L-R  
5, 6                      Step L Back 90 Degs R, Step R Back 180 Degs R  
7 & 8                      Shuffle Fwd:- L-R-L

## **Rocking Chair, Pivot Turn, Full Turn**

1, 2                      Rock Fwd On R, Rock Back On L  
3, 4                      Rock Back On R, Rock Fwd On L

5, 6 Step R Fwd, Turn 180 Degs L  
7, 8 Turn 360 Degs L Stepping: R-L (Alternative: Walk Fwd R-L) \*\*  
64 Repeat Dance In New Direction

**Tag: At The End Of Wall 1, Repeat Counts 49 To 64 \*\*(Last 16 Counts) Then Restart Facing Back Wall**

**Restart: During Wall 3, Dance To Beat 36 (##) (!/2 Turn Shuffle Fwd Left) Then Restart Facing Back Wall.**

**NOTE: During the song the music stops briefly, just keep dancing during this short break in music.**

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