

# Take These Days

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Maggie Gallagher (UK) - October 2014  
音樂: These Days - Take That : (amazon)



Intro: 32 counts

## S1: WALK R, L, ANCHOR STEP, BACK, CROSS & WALK R, L

1-2            Walk right, Walk left  
3&4            Cross right behind left, Step weight on left, Step back on right  
5-6            Step back on left, Cross right over left  
&7-8           Step back on left, Walk right, Walk left

## S2: WALK R, MAMBO STEP, BACK, ¼, CROSS, ¼, ½

1-2&3           Walk right, Rock forward on left, Recover on right, Step back on left  
4-5            Walk back on right, ¼ left stepping left to left side [9:00]  
6-7            Cross right over left, ¼ right stepping back on left [12:00]  
8               ½ right stepping forward right [6:00]

## S3: POP, POP, MAMBO ¼, CROSS, ¼, ½, WALK

1               Step forward left closing right next to left popping R knee forward  
2               Step forward right closing left next to right popping left knee forward  
3&4            Rock forward left, Recover on right, ¼ left stepping left to left side [3:00]  
5-6            Cross right over left, ¼ right stepping back on left [6:00]  
7-8            ½ right stepping forward on right, Walk forward on left [12:00]

## S4: CROSS ROCK & CROSS ROCK & POINT FRONT- SIDE- BEHIND- SIDE

1-2&           Cross rock right over left, Recover on left, Step right to right side  
3-4&           Cross rock left over right, Recover on right, Step left to left side  
5-6            Point right toe across left, Point right toe to right side  
7-8            Point right toe stretched behind left and looking to left, Point right toe to right side

RESTARTS: Walls 3 & 6

## S5: WALK, KICK & TOUCH, BUMP & BUMP, BUMP, ¼ SWIVEL, CROSS

1-2&3           Walk right, Kick left forward, Step left next to right, Touch right next to left  
4&5            Bump back on right, Bump forward on left, Bump back on right

**Note: Hip bumps should be more stylish with straight, bent, straight knees and slightly angled diagonally**

6-7            Bump forward on left, ¼ swivel right keeping weight on right [3:00]  
8               Cross left over right

## S6: SIDE ROCK CROSS, SIDE ROCK CROSS, STEP, TAP BEHIND, STEP, TAP BEHIND

1&2            Rock right to right side, Recover on left, Cross right over left  
3&4            Rock left to left side, Recover on right, Cross left over right  
5-6            Step right to right side raising arms up, Tap left toe behind right bringing arms down  
7-8            Step left to left side raising arms up, Tap right toe behind left bringing arms down RESTART:  
Wall 1

## S7: SIDE ROCK, CROSS SAMBA, CROSS, SIDE, CROSSING SHUFFLE

1-2            Rock right to right side, Recover on left  
3&4            Cross right over left, Rock left to left side, Recover on right  
5-6            Cross left over right, Step right to right side  
7&8            Cross left over right, Step right to right side, Cross left over right

**S8: SIDE, BEHIND, SWEEP, WALK FULL CIRCLE L, WALK, TOUCH**

- &1            Small step right to right side, Cross left behind right ronde sweeping right toe from front to back,  
2            Cross right behind left  
3-4          ¼ left walking forward on left, ¼ left walking forward on right  
5-6          ¼ left walking forward on left, ¼ left walking forward on right  
7-8          Walk forward on left, Touch right next to left

**RESTARTS:□**

**Wall 1 after 48 counts [3:00]**

**Wall 3 after 32 counts [6:00]**

**Wall 6 after 32 counts [12:00]**

**ENDING: Wall 8 after 48 counts unwind ½ right to face 12:00**

**CHOREOGRAPHED ESPECIALLY FOR KEELEY'S CHARITY EVENT HELD IN OXFORD ON SATURDAY  
18 OCTOBER 2014**

**DEDICATED TO THE ALZHEIMER'S SOCIETY**

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