

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

To make a donation please visit http://www.alzheimers.org.uk/site/scripts/home_info.php?homepageID=224

Contact: www.maggiemag.co.uk
