

# These Days

**COPPER KNOB**  
BY STEPHEN

拍數: 32      牆數: 2      級數: Improver  
編舞者: Nathan Gardiner (SCO) - January 2015  
音樂: These Days - Take That



Intro: 32 counts

Restart: On wall 2 dance up to count 16 then Restart the dance

## **CROSS ROCK, RECOVER, CHASSE 1/4 LEFT, STEP 1/2 LEFT, FULL TURN LEFT**

1-2            Cross rock left over right, Recover on right  
3&4           Step left to left side, Step right next to left, Turn 1/4 left stepping forward on left  
5-6           Step forward on right, Turn 1/2 left  
7-8           Turn 1/2 left stepping back on right, Turn 1/2 left stepping forward on left

## **HEEL, &, TOUCH, &, POINT, &, POINT, &, HEEL, &, TOUCH, STEP 1/4 RIGHT**

1&2&           Touch right heel forward (or low kick), Step back in place, Touch left next to right, Step back in place  
3&4&           Point right toes out to right side, Step back in place, Point left toes out to left side, Step back in place  
5&6           Touch right heel forward (or low kick), Step back in place, Touch left next to right  
7-8           Step forward on left, Turn 1/4 right

## **CROSS SHUFFLE, TURN 1/4 RIGHT, TURN 1/2 RIGHT, 1/4 RIGHT INTO SIDE ROCK TOGETHER, SIDE ROCK, RECOVER**

1&2            Cross step left over right, Step right to right side, Cross step left over right  
3-4            Turn 1/4 right stepping forward on right, Turn 1/2 right stepping back on left  
5-6            Turn 1/4 right and rock out to right side, Recover on left  
&7-8           Step right next to left, Rock out to left side, Recover on right

## **SAILOR STEP, SAILOR STEP, ROCK FORWARD, RECOVER, &, TOUCH, STEP RIGHT**

1&2            Step left behind right, Step right to right side, Step left to left side  
3&4            Step right behind left, Step left to left side, Step right to right side  
5-6            Rock forward on left, Recover on right  
&7-8           Step back on left, Touch right next to left, Step right to right side

Start Again.....Happy Dancing

Contact: [nathan.gardiner1998@hotmail.co.uk](mailto:nathan.gardiner1998@hotmail.co.uk)