

# These Days

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Ria Vos (NL) - February 2018  
音樂: These Days (feat. Jess Glynne, Macklemore & Dan Caplen) - Rudimental



Intro: 16 Counts ( $\pm$  10 sec)

## Rock Back, Kick-Step, Touch Behind, Unwind $\frac{1}{2}$ Turn L, Shuffle $\frac{1}{2}$ Turn L, $\frac{1}{4}$ L Side-Together-Cross

1&      Rock Back on R, Recover on L  
2&      Kick R Fwd, Step R Fwd  
3-4      Touch L Behind R Heel, Unwind  $\frac{1}{2}$  Turn L (weight on L) (6:00)  
5&6      Shuffle  $\frac{1}{2}$  Turn L Stepping R-L-R (12:00)  
&7-8       $\frac{1}{4}$  Turn L Step L to L Side, Step R Next to L, Cross L Over R (9:00)

## Kick-Ball-Cross, Side-Together-Cross, L Side Rock-Cross, R Side Rock-Cross

1&2      Kick R to R Diagonal, Step R Next to L, Cross L Over R  
&3-4      Step R to R Side, Step L Next to R, Cross R Over L  
5&6      Rock L to L Side, Recover on R, Cross L Over R  
7&8      Rock R to R Side, Recover on L, Cross R Over L

## Back Lock Step, $\frac{1}{4}$ R Side, Touch, Side, Touch, $\frac{1}{4}$ R Shuffle Fwd, Hip Bump Fwd, $\frac{1}{2}$ Turn R with Sweep

1&2      Step Back on L, Lock R Over L, Step Back on L  
&3       $\frac{1}{4}$  Turn R Step R to R Side, Touch L Next to R (12:00)  
&4      Step L to L Side, Touch R Next to L  
5&6       $\frac{1}{4}$  Turn R Shuffle Fwd Stepping R-L-R (3:00)  
7&      Step & Bump L Fwd, Recover on R  
8       $\frac{1}{2}$  Turn R Step Weight Back on L Sweeping R from Front to Back (9:00)

## Behind, Side, Cross Rock, Side, Rock Back, L Dorothy, Rock Fwd, Point

1&      Step R Behind L, Step L to L Side \*\*\*Tag from here  
2&3      Cross Rock R Over L, Recover on L, Step R Big Step to R Side  
4&      Rock Back on L, Recover on R  
5-6&      Step L Fwd to L Diagonal, Lock R Behind L, Step L Fwd to L Diagonal  
7&8      Rock Fwd on R, Recover on L, Point R to R Side

Tag: After wall 1 (9:00)

Repeat last 8 counts of the dance and start again