

# 1200 Days

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Mathew Sinyard (UK) - February 2018  
音樂: 1200 Days - Erick Baker



Intro: 32 Counts (start on 'WORDS')

**Section 1: Side Back Rock Side, Behind Side, Cross Unwind  $\frac{3}{4}$ , Cross Shuffle.**

1 2 &      Step right foot to right side, rock left foot behind right, recover right.  
3 4 &      Step left foot to left side, step right behind left, step left foot to left side.  
5 6 7      Cross right foot in front or left, over 2 counts unwind  $\frac{3}{4}$  turn left.  
8 & 1      Cross right in front of left, step left slightly to left, cross right in front of left.

**Section 2: Side Rock Cross, Side Rock Cross,  $\frac{1}{4}$ , Side, Cross Shuffle.**

2 & 3      Rock left foot to left side, recover on to right, cross left in front of right.  
4 & 5      Rock right foot to right side, recover on to left, cross right foot in front of left.  
6 7      Make a  $\frac{1}{4}$  turn right stepping back on left, step right foot to right side.  
8 & 1      Cross left foot in front of right, step right slightly to right, cross left in front of right.

**Section 3: Sweep Cross Side Behind, Sweep Behind Side Cross,  $\frac{1}{4}$  Hitch Walk R L, Mambo.**

2 & 3      Sweep right foot across left, step left to left side, cross right behind left.  
4 & 5      Sweep left foot behind right, step right foot to right side, cross left foot in front of right.  
6 7      Make a  $\frac{1}{4}$  turn left as you hitch and step right foot forward, step forward on left foot.  
8 & 1      Rock forward on right foot, recover on to left, step right beside left.

**Section 4:  $\frac{1}{2}$ ,  $\frac{1}{4}$ , Back Rock Side, Back Rock Side, Change Weight (Sway).**

2 3      Make a  $\frac{1}{2}$  turn left stepping forward left, make  $\frac{1}{4}$  turn left stepping right foot to right side.  
4 & 5      Rock left behind right foot, recover on to right, step left to left side.  
6 & 7      Rock right foot behind left, recover on to right, step right to right side.  
8      Change weight from right to left (optional sway as you change weight).

**\*Pauses – End of walls 1, 2 & 3: -**

**At the end of wall 1 pause and start wall 2 on the word "DAYS"**

**At the end of wall 2 pause and start wall 3 on the word "HANDS"**

**At the end of wall 3 very slight pause before starting wall 4 as he sings "I ASKED"**

**\*\*Tag end of wall 5 (6:00) & end of wall 6 to finish \*\***

**Side Back Rock Side, Behind Side, Cross Unwind Full turn, Hold/Pause.**

1 2 &      Step right foot to right side, rock left foot behind right, recover right.  
3 4 &      Step left foot to left side, step right behind left, step left foot to left side.  
5 6 7 8      Cross right foot in front or left, over 3 counts unwind a full turn left.

**Then hold for 4 counts starting wall 6 on the word "Word".**

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