

Golden Days

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Mercè ORRIOLS (ES) - February 2022
音樂: Back Then - Dag Erik Oksvold : (CD: Back Then - 2021)



Step sheet by Mercè Orriols

Start dancing on lyrics (64 counts)

Sect. 1 - RIGHT CHASSÉ, HOLD, LEFT ROCK STEP BACK, TOGETHER, HOLD

1-2 Step right side, step left together
3-4 Step right side, hold
5-6 Rock left back, recover on right
7-8 Step left side, hold

Sect. 2 - WEAVE LEFT, RIGHT ROCK STEP BACK, RIGHT STEP FORWARD, HOLD

1-2 Cross right behind left, step left side
3-4 Cross right over left, step left side
5-6 Rock right back, recover on left
7-8 Step right forward, hold

Sect. 3 - STEP ¼ TURN RIGHT, CROSS, RIGHT TOE TOUCH, RIGHT ROCK STEP BACK (X2)

1-2 Step left forward, turn ¼ right (3:00)
3-4 Cross left over right, touch right toe behind right
5-6 Rock right back, recover on left
7-8 Rock right back, recover on left

Sect. 4 - ¼ TURN RIGHT & STEP LOCK STEP, HOOK, ½ TURN LEFT & STEP, SLIDE, TOGETHER, HOLD

1-2 Turn ¼ right and step right forward, lock left behind (6:00)
3-4 Step right forward, hook left behind
5-6 Turn ½ left and long step left forward, slide right towards left (12:00)
7-8 Stomp right together, hold

* On wall 7, start here

Sect. 5 - RIGHT GRAPVINE & ¼ TURN LEFT HOOK, STEP, ¼ TURN LEFT & HOOK, RIGHT ROCK STEP BACK 1-2 Step right side, cross left behind

3-4 Step right side, turn ¼ left and hook left behind (9:00)
5-6 Turn ¼ left & step left forward, hook right behind (6:00)
7-8 Rock right back, recover on left

Sect. 6 - TOE STRUT ½ TURN LEFT (X2), RIGHT HEEL, TOGETHER, LEFT HEEL, TOGETHER

1-2 Step right toe forward, turn ½ left and drop right heel (12:00)
3-4 Step left toe back, turn ½ left and drop left heel (6:00)
5-6 Right heel forward, step right together
7-8 Left heel forward, step left together

* BRIDGE HERE on walls 3, 6 & 7 = Add 4 counts and continue the sequence

Sect. 7 - RIGHT TOE TOUCH BEHIND TWICE, ROCK STEP BACK, RIGHT ROCK SIDE, CROSS, HOLD

1-2 Touch right toe behind left twice
3-4 Rock right back, recover on left
5-6 Rock right side, recover on left
7-8 Cross right over left, hold

Sect. 8 - LEFT TOE TOUCH BEHIND TWICE, ROCK STEP BACK, LEFT ROCK SIDE, STOMP, HOLD

- 1-2 Touch left toe behind right twice
- 3-4 Rock left back, recover on right
- 5-6 Rock left side, recover on right
- 7-8 Stomp left together, hold

START AGAIN

BRIDGE: On walls 3, 6 and 7* AFTER SECTION 6, COUNT 48:

HEEL, TOGETHER, HEEL, TOGETHER

1-2 Right heel forward, step right together

3-4 Left heel forward, step left together

- And keep on dancing from count 49 till the end of the sequence

*** Wall 7: Dance from count 33 to 48 (add the 4 count bridge) & dance from 49 to 64**

SEQUENCE:

WALL - Counts

#1 -64

#2 -64

#3 1 to 48 (+4) 49 to 64

#4 -64

#5 -64

#6 1 to 48 (+4) 49 to 64

#7 33 to 48 (+4) 49 to 64

#8 -64
