

Glory Days

拍數: 72 牆數: 2 級數: Intermediate
編舞者: Christina Boudewijns (NL) & Anita Lazaroms (NL) - August 2023
音樂: Glory Days - Gabby Barrett



16 counts intro

Sequence A B Tag A B B Tag B A (16 counts)

PART A (32 counts)

[1-8] ROCK FW, REC., SAILOR ¼ TURN R, ROCK FWD, REC., SHUFFLE ½ TURN L

1 2 Rock R forward (1), Recover weight L (2)
3 & 4 Step R behind L ¼ turn R (3), Step to left side (&), Step R slightly fwd [3:00]
5 6 Rock L forward (5), Recover weight R (6)
7 & 8 ¼ turn L, step side (7), Step R next to L (&), ¼ turn L, step L forward (8) [9:00]

[9-16] WALK, WALK, MAMBO STEP, TOUCH BEHIND, ½ UNWIND, ROCK SIDE CROSS

1 2 Step R forward (1), Step L forward (2)
3 & 4 Rock R forward (3), Recover weight L (&), Step R back (4)
5 6 Touch L back (5), ½ turn L (unwind) (6) [3:00]
7 & 8 Rock R side (7), Recover weight L (&), Cross R over L [3.00]

[17-24] STEP, TOUCH, KICK BALL CROSS, STEP SIDE, ¼ TURN L, CROSS SHUFFLE

1 2 Step L side (1), Touch R next to L (2)
3 & 4 Kick R forward (3), Step R next to L (&), Cross L over R (4) [3:00]
5 6 Step R side (5), ¼ turn L, step side (6) [12:00]
7 & 8 Cross R over L (7), Step L side (&), Cross R over L (8) [12:00]

[25-32] ROCK SIDE, REC., BEHIND ¼ FWD, ROCK FWD, REC., ¼ TURN R, STOMP, STOMP

1 2 Rock L side (1), Recover weight R (2)
3 & 4 Step L behind R (3), ¼ turn R, step forward (&), Step L forward (4) [3:00]
5 6 Rock R forward (5), Recover weight L (6)
7 8 ¼ turn R, step side, stomp (7), Stomp L next to R (8) [6.00]

PART B (40 counts)

[1-8] R DIAGONAL SHUFFLE, L DIAGONAL SHUFFLE, PIVOT ½ TURN L, LOCK ½ TURN L

1 & 2 ⅛ turn R, step R forward (1), Step L next to R(&), step R forward (2) [7:30]
3 & 4 ¼ turn L, step L forward (3), step R next to L (&), step L forward (4) [4:30]
5 6 Step R forward (5), ½ turn L (6) [10:30]
7 & 8 ¼ turn L, step side (7), cross L over R (&), ¼ turn L, step back (8) [4:30]

[&9-16] & ¼ TURN, POINT, ¼ TURN R, FULL TURN R, HEEL & HEEL & TOUCH, SWIVEL

& 1 2 ⅛ turn L, step L side (&), Point R side (1), ¼ turn R, step R forward (2) [6:00]
3 & 4 ½ turn R, step L back (3), Step R next to L (&), ½ turn R, step L forward (4) [6:00]
5 & 6 & Touch R heel forward (5), Step R next to (&), Touch L heel forward (6), Step L next to R (&)
7 & 8 Step R forward (7), Swivel both heels R(&), Swivel both heels back (centre) (8) [6.00]

[17-24] SHUFFLE BACK, SHUFFLE ½ TURN L, PIVOT ¼ L, CROSS & HEEL

1 & 2 Step R back (1), Step L next to R (&), Step R back (2) [6:00]
3 & 4 ¼ turn L, step L side (3), Step R next to L (&), ¼ turn L, step L forward (4) [12:00]
5 6 Step R forward (5), ¼ turn L, step L side (6) [9:00]
7 & 8 Cross R over L (7), Step L side (&), Touch R heel diag. R (8) [9:00]

**[&25-32] & TOGETHER, CROSS ROCK REC., CROSS ROCK REC., & POINT & POINT &, STEP FWD, ¾
TURN L**

- & 1 & 2 Step R next to L (&), Cross L over R (1), Rock R side (&), Recover weight L (2) [9:00]
3 & 4 Cross R over L (3), Rock L side (&), Recover weight R (4) [9:00]
& 5 & 6 & Step L next to R (&), Point R to right side (5), Step R next to L (&) Point L to left side (6), Step
L next to R (&) [9:00]
7 8 Step R forward (7), ¾ turn L (8) [12:00]

**[33-40] STEP SIDE, SLIDE TOUCH, ¼ TURN L, ¼ TURN L TOUCH, STEP FWD, PIVOT ½ TURN, WALK,
WALK**

- 1 2 Big step R to right side (1), slide L towards R, touch L next to R (2) [12:00]
3 4 ¼ turn L, big step L (3), ¼ turn L, touch R next to L (4) [6:00]
5 6 Step R forward (5), ½ turn L (6) [12:00]
7 8 Step R forward (7), Step L forward (8) [12:00]

**TAG: STEP SIDE, SLIDE TOUCH, ¼ TURN L, ¼ TURN L TOUCH, STEP FWD, PIVOT ½ TURN, WALK,
WALK**

- 1 2 Big step R to right side (1), slide L towards R, touch L next to R (2)
3 4 ¼ turn L, big step L (3), ¼ turn L, touch R next to L (4)
5 6 Step R forward (5), ½ turn L (6)
7 8 Step R forward (7), Step L forward (8)

ENDING:

In the last sequence A, after 16 counts, you will be facing 3:00. Turn ¼ left step forward 12:00
