

# These Are the Days

拍數: 32      牆數: 2      級數: Improver  
編舞者: Michael Scott Schindele (USA) & Em Moore (USA) - July 2024  
音樂: THESE ARE THE DAYS - Niko Moon



**Intro: 32 Count Weight will begin on Left**

**No Tags or Restarts**

**Body Roll and Taking a Shot at the end of the first 8 Count**

**Section 1: Wizard R Wizard L, rock forward R and Body Roll, then 1/4 turn to the Left and a behind side cross with R L R over L.**

- 1 & 2      Wizard R
- 3 & 4      Wizard L
- 5 - 6      Rock Forward with R while doing a body roll (Add taking a shot when lyrics mention tequila with a lime)
- 7 & 8      Rock back with R while making a (  $\frac{1}{4}$  ) turn to the Left. (9:00). R Behind L, Step L to the Left, Cross R over L (9:00)

**Section 2: Toe Point L to the Left and Pause, Hop and point R toe to the Right and Pause, Sailor step to the Left, then make a (  $\frac{3}{4}$  ) turn back to the Left. (12:00)**

- 1 - 2      Point L toe to the Left and Pause
- 3 - 4      Hop and then point R toe to the Right
- 5 & 6      Sailor step to the Left, placing R behind L, step on L, then step back on R.
- 7 & 8      Turn backwards to the Left by placing L behind Right and spinning towards (12:00) wall (think finish spin where your right shoulder is pointing) (12:00)

**Section 3: R Toe, Kick, Coaster Step. L Toe Kick, Coaster Step**

- 1 - 2      Touch R toe next to L (with knee turned inward) (1), kick R forward (2)
- 3 & 4      Step R back (3), step L back (&), step R forward (4)
- 5 - 6      Touch L toe next to R (with knee turned inward) (6), kick L forward (7)
- 7 & 8      Step L back (7), step R back (&), step L forward (8). (12:00)

**Section 4: (  $\frac{1}{2}$  ) Monterey with R turning Right (12:00), then Full Monterey spin to finish on (6:00) wall.**

- 1 - 2      R toe kick out to the Right, (  $\frac{1}{2}$  ) Spin over Right Shoulder bringing feet together.
- 3 - 4      Point L toe out to the Left and then back together with R
- 5 - 6      Point R toe out to the R. Begin full spin back to (6:00) wall.
- 7 & 8      Complete full turn Monterey spin by finishing on (6:00) wall.

**Restart Dance**

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