

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