

These Are The Days

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: High Improver
編舞者: Terri Dungan (USA) - October 2024
音樂: THESE ARE THE DAYS - Niko Moon



#32-count Intro (No Tags or Restarts)

[1-8] Hip Sways x 3, Hitch, 1/4 Turn, 1/2 Pencil Turn, Back Step x 2

- 1, 2 Step R to right side while Sway Hips right (1), transfer weight to L while Sway Hips left (2)
12:00
- 3, 4 Transfer weight to R while Sway Hips right (3), Hitch L (4)
- 5, 6 Turn 1/4 left and Step L fwd (5), Turn 1/2 left on ball of L (point R foot down next to L ankle)
(6) 3:00
- 7, 8 Step R back (7), Step L back (8)

(Less-turning option for counts 5-6 – Turn 1/4 right and Step L back, Touch R next to L)

[9-16] Big Step Back, Drag, Together, Cross, 1/4 Grapevine with Scuff

- 1, 2 Big Step R back (1), Drag L toward R (2)
- 3, 4 Step L next to R (3), Cross R over L (4)
- 5, 6 Step L to left (5), Step R behind L (6)
- 7, 8 Turn 1/4 left stepping L fwd (7), Scuff R fwd (8) 12:00

(Arm option with lyrics – Counts 5-7 move R arm in front like a wave on “waves”)

[17-24] Rock fwd with flick, Recover, 1/2 Turn, 1/2 Pencil Turn, Big Side Step, Hold, Behind Side Cross

- 1, 2 Rock R fwd while Flick L foot behind R (1), Recover L (2)
- 3, 4 Turn 1/2 right and Step R fwd (3), Turn 1/2 right on ball of R (point L foot down next to R ankle) (4)
- 5, 6 Big step L to left (5), hold (6)
- 7&8 Step R behind L (7), Step L to left (&), Cross R over L (8)

(Less-turning option for counts 3-4 – Step R back, Touch L next to R)

[25-32] Side Rock, 1/4 Recover, Back & Sweep x 2, Toe Strut with 1/4 Turn

- 1, 2 Rock L to left (1), Pivot 1/4 left and Recover back on R (2) 9:00
- 3, 4 Step L back (3), Sweep R front to back (4)
- 5, 6 Step R back (5), Sweep L front to back (6)
- 7, 8 Touch L toe back (7), Turn 1/4 left and drop L heel (8) 6:00

REPEAT

Have fun dancing! Contact terri_dungan@yahoo.com with comments/questions.