

# These Days

拍數: 56      牆數: 4      級數: Intermediate  
編舞者: Mikael Mölsä (FIN)  
音樂: These Days - Rascal Flatts  
或: I Still Believe in You - Vince Gill



**Note: Start the dance 8 counts after the first beat, 2 counts before the lyrics start.**

## SHUFFLE FORWARD, SHUFFLE FORWARD, SYNCOPATED ½ PIVOT TURN, SHUFFLE LEFT

1&2      Shuffle forward right-left-right  
3&4      Shuffle forward left-right-left  
5&6      Step forward on right, turn ½ to left, step right forward (now facing 6:00)  
7&8      Shuffle to left (left-right-left)

## SHUFFLE FORWARD, SHUFFLE FORWARD, REVERSE COASTER STEP, SHUFFLE BACK

1&2      Shuffle forward right-left-right  
3&4      Shuffle forward left-right-left  
5&6      Step forward on right, step left next to right, step back on right  
7&8      Shuffle back left-right-left

## ROCK-N-SIDES, SYNCOPATED WEAVE, CROSS BEHIND, ¼ TURN RIGHT

1&2      Rock right forward, recover on left, step right to side  
3&4      Rock left forward, recover on right, step left to side  
5&6      Step right over left, step left to side, step right behind left  
7&8      Sweep left behind right and step weight on left (1), while turning ¼ to right step right forward (&), step left forward (2) (now facing 9:00)

## KICK-N-TOUCH, ¼ TURNING SAILOR, SHUFFLE FORWARD, SYNCOPATED ½ PIVOT TURN

1&2      Kick right foot forward, step right foot next to left, touch left to side  
3&4      Step left behind right, step right next to left, step left forward turning ¼ to left (now facing 6:00)  
5&6      Shuffle forward right-left-right  
7&8      Step left forward, turn ½ to right, step left forward (now facing 12:00)

## ROCK-N-CROSS TWICE, FULL TURNING SHUFFLE TRAVELLING FORWARD X 2

1&2      Rock right foot to side, recover on left, step right foot over left  
3&4      Rock left foot to side, recover on right, step left foot over right  
5&6      Shuffle forward right-left-right (while doing this turn a full left turn)  
7&8      Shuffle forward left-right-left (while doing this turn a full right turn)

**Option: If you don't want to turn full turns on steps 5 - 8, then do the shuffles just travelling forward.**

## SHUFFLE FORWARD, TOUCH-TOUCH-¼ TURN, SYNCOPATED ½ PIVOT TURN, SHUFFLE FORWARD

1&2      Shuffle forward right-left-right  
3&4      Touch left toe forward, touch left next to right, step forward on left while turning ¼ to left (now facing 9:00)  
5&6      Step forward on right, turn ½ to left, step forward on right (now facing 3:00)  
7&8      Shuffle forward left-right-left

## SHUFFLE RIGHT, ¼ SYNCOPATED TURN TO LEFT, CROSS SHUFFLE, ¼ ROCK-N-TURN TO RIGHT

1&2      Shuffle right (right-left-right)  
3&4      Step left over right, turn ¼ to left while stepping right back, step left to side (now facing 12:00)  
5&6      Step right over left, step left to side, step right over left

7&8

Step left to side, turn  $\frac{1}{4}$  to right while stepping right forward, step left forward (now facing 3:00)

**REPEAT**

**Last Update - 11 Feb. 2022**

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