

These Days

拍數: 42 牆數: 2 級數: Improver
編舞者: Diana Bishop (AUS)
音樂: These Days - Rascal Flatts



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- 1-2-3 Rock to right onto right, rock to left onto left, step right across left
4-5-6 Rock to left onto left, rock to right onto right, step left across right
- 1-2-3 Rock forward onto right, rock onto left, back onto right
4-5-6 Rock back onto left, forward onto right, forward onto left
- 1-2-3 Step forward right, turn $\frac{1}{2}$ to left (pivoting on ball of left foot), step right forward
4-5-6 Step forward left, turn $\frac{1}{2}$ to right (pivoting on ball of right foot), step left forward
- 1-2-3 Walk forward right-left-right (shuffle)
4-5-6 Walk forward left-right-left (shuffle)
- 1-2-3 Step right forward, turn $\frac{1}{4}$ to left (pivoting on ball of left foot), step right next to left
4-5-6 Step left forward, turn $\frac{1}{4}$ to right (pivoting on ball of right foot), step left next to right
- 1-2-3 Step right to right, step left next to right, step right to right
4-5-6 Step left to left, step right next to left, turn $\frac{1}{4}$ to left step left forward
- 1-2-3 Rock right to right side, turn $\frac{1}{4}$ to left (pivoting on ball of left foot), step right next to left
4-5-6 Step left forward, turn $\frac{1}{2}$ to left step back on right, turn $\frac{1}{2}$ to left step right forward (full turn moving forward) or shuffle forward left-right-left

REPEAT
