

# 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**

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