

These Are The Days

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ree Patterson (AUS) - May 2010
音樂: These Are the Days - Sugarland



Introduction: 32 Beats - This dance is done in TWO directions.

Cross Samba, Cross Samba, Rock Fwd, Rock Back, Shuffle Back

1 & 2 Cross R Over L, Step L To L Side, Step R To R Side
3 & 4 Cross L Over R, Step R To R Side, Step L To L Side
5, 6 Rock Fwd R, Rock Back On L
7 & 8 Shuffle Back:- R-L-R

Touch Back, 1/2 Turn, Shuffle Back, Touch Back, 1/2 Turn, Shuffle Back

1, 2 Touch L Toe Back, Turn 180 Deg L (Weight On R)
3 & 4 Shuffle Back:- L-R-L
5, 6 Touch R Toe Back, Turn 180 Deg R (Weight On L)
7 & 8 Shuffle Back:- R-L-R

Coaster, Paddle, Front, Side, Behind-Side-Cross

1 & 2 Coaster: Step L Back, Step R Together, Step L Forward
3, 4 Paddle: Step R Fwd, Turn 90 Degs L
5, 6 Cross R Over L, Step L To L Side
7 & 8 Step R Behind L, Step L To Side, Cross R Over L

Side Rock, Side Rock, Hinge 1/2 Turn Side Shuffle, Front, Side, 1/4 Turn Coaster

1, 2 Step L To L Side, Rock Onto R
3 & 4 Turning 180 Degs L (Hinge) Side Shuffle To L Side:- L-R-L
5, 6 Cross R Over L, Step L To L Side
7 & 8 Coaster: Step R Back 90 Degs R, Step L Back, Step R Fwd

Step Fwd, 1/2 Turn, 1/2 Turn Shuffle, Cross, Point, Cross, Point

1, 2 Step L Fwd, Step R Back Turning 180 Degs L
3 & 4 Turn 180 Degs L Shuffle Fwd:- L-R-L (##)
5, 6 Cross R Over L, Point L Toe To L Side
7, 8 Cross L Over R, Point R Toe To R Side

Rock Fwd, Rock Back, Coaster, Rock Fwd, Rock Back, Coaster

1, 2 Rock Fwd On R, Rock Back On L
3 & 4 Coaster: Step R Back, Step L Together, Step R Forward
5, 6 Rock Fwd On L, Rock Back On R
7 & 8 Coaster: Step L Back, Step R Together, Step L Forward

Paddle, Cross Shuffle, 1/4 Turn, 1/2 Turn, Shuffle Fwd

1, 2 ** Step R Fwd, Turn 90 Degs L
3 & 4 Cross Shuffle R Over L Stepping:- R-L-R
5, 6 Step L Back 90 Degs R, Step R Back 180 Degs R
7 & 8 Shuffle Fwd:- L-R-L

Rocking Chair, Pivot Turn, Full Turn

1, 2 Rock Fwd On R, Rock Back On L
3, 4 Rock Back On R, Rock Fwd On L

5, 6 Step R Fwd, Turn 180 Degs L
7, 8 Turn 360 Degs L Stepping: R-L (Alternative: Walk Fwd R-L) **
64 Repeat Dance In New Direction

Tag: At The End Of Wall 1, Repeat Counts 49 To 64 **(Last 16 Counts) Then Restart Facing Back Wall

Restart: During Wall 3, Dance To Beat 36 (##) (!/2 Turn Shuffle Fwd Left) Then Restart Facing Back Wall.

NOTE: During the song the music stops briefly, just keep dancing during this short break in music.
