

# THESE DAYS

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**Count:** 56

**Wall:** 4

**Level:** intermediate

**Choreographer:** Mikael Mölsä

**Music:** These Days by Rascal Flatts

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

## SHUFFLE FORWARD, SHUFFLE FORWARD, SYNCOPATED $\frac{1}{2}$ 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  $\frac{1}{2}$  to left, step right forward  
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, $\frac{1}{4}$ 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  $\frac{1}{4}$  to right step right forward (&), step left forward (2)

## KICK-N-TOUCH, $\frac{1}{4}$ TURNING SAILOR, SHUFFLE FORWARD, SYNCOPATED $\frac{1}{2}$ 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  $\frac{1}{4}$  to left  
5&6 Shuffle forward right-left-right  
7&8 Step left forward, turn  $\frac{1}{2}$  to right, step left forward

## ROCK-N-CROSS TWICE, FULL TURNING SHUFFLE TRAVELING FORWARD TWICE

- 1&2 Rock right foot to side, recover on left, step right foot over left

- 3&4** Rock foot to side, recover on, step foot over
- 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 turn right)

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

**SHUFFLE FORWARD, TOUCH-TOUCH-STEP, SYNCOPATED  $\frac{1}{2}$  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  $\frac{1}{4}$  to left
- 5&6** Step forward on right, turn  $\frac{1}{2}$  to left, step forward on right
- 7&8** Shuffle forward left-right-left

**SHUFFLE RIGHT,  $\frac{1}{4}$  SYNCOPATED TURN TO LEFT, CROSS SHUFFLE,  $\frac{1}{4}$  ROCK-N-TURN TO RIGHT**

- 1&2** Shuffle right (right-left-right)
- 3&4** Step left over right, turn  $\frac{1}{4}$  to left while stepping right back, step left to side
- 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

**REPEAT**