

# These Days

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**Count:** 32                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Nathan Gardiner (Scotland-Jan 2015)

**Music:** These Days by Take That

## **Intro: 32 counts**

**Restart: On wall 2 dance up to count 16 then Restart the dance**

## **CROSS ROCK, RECOVER, CHASSE 1/4 LEFT, STEP 1/2 LEFT, FULL TURN LEFT**

- 1-2**            Cross rock left over right, Recover on right
- 3&4**            Step left to left side, Step right next to left, Turn 1/4 left stepping forward on left
- 5-6**            Step forward on right, Turn 1/2 left
- 7-8**            Turn 1/2 left stepping back on right, Turn 1/2 left stepping forward on left

## **HEEL, &, TOUCH, &, POINT, &, POINT, &, HEEL, &, TOUCH, STEP 1/4 RIGHT**

- 1&2&**            Touch right heel forward (or low kick), Step back in place, Touch left next to right, Step back in place
- 3&4&**            Point right toes out to right side, Step back in place, Point left toes out to left side, Step back in place
- 5&6**            Touch right heel forward (or low kick), Step back in place, Touch left next to right
- 7-8**            Step forward on left, Turn 1/4 right

## **CROSS SHUFFLE, TURN 1/4 RIGHT, TURN 1/2 RIGHT, 1/4 RIGHT INTO SIDE ROCK TOGETHER, SIDE ROCK, RECOVER**

- 1&2**            Cross step left over right, Step right to right side, Cross step left over right
- 3-4**            Turn 1/4 right stepping forward on right, Turn 1/2 right stepping back on left
- 5-6**            Turn 1/4 right and rock out to right side, Recover on left
- &7-8**            Step right next to left, Rock out to left side, Recover on right

## **SAILOR STEP, SAILOR STEP, ROCK FORWARD, RECOVER, &, TOUCH, STEP RIGHT**

- 1&2**            Step left behind right, Step right to right side, Step left to left side
- 3&4**            Step right behind left, Step left to left side, Step right to right side
- 5-6**            Rock forward on left, Recover on right

**&7-8** Step back on left, Touch right next to left, Step right to right side

**Start Again.....Happy Dancing**

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