

# Thirty Days

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**Count:** 64      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Mary E Richardson Scotland (UK) May 2013

**Music:** 30 Days by The Saturdays

## 28 Count Intro

### Section 1 - Full Rolling Vine - Touch - kick Ballchange - Back - Rock

**1 2** Turn  $\frac{1}{4}$  right stepping right forward, turn  $\frac{1}{2}$  right stepping left back

**3 4** turn  $\frac{1}{4}$  right stepping right to right side, touch left beside right

**5&6** Kick left forward, step left in place, step right in place

**7 8** rock back on left, recover onto right.

### Section 2 - Crossing Jazz Box - $\frac{1}{4}$ Turn - Chasse - Back Rock

**1 2** cross left over right, turn  $\frac{1}{4}$  left stepping right back

**3 4** step left to left side, cross right over left

**5&6** step left to left side, close right beside left, step left to left side

**7 8** rock back on right, recover onto left

### Section 3 - Forward - Touch - Back Lock Step - Full Turn - Forward lock Step

**1 2** Step right forward, touch left beside right

**3&4** step left back, lock right across left, step left back

**5 6** turn  $\frac{1}{2}$  right stepping right forward, turn  $\frac{1}{2}$  right stepping left beside right (full turn travels back)

(alternate Counts for 5-6 Step right back, step left beside right)

**7&8** step right forward, lock left behind right, step right forward

### Section 4 - Walk Forward x2 - Sailor Step - Cross Point - Cross Samba

**1 2** Walk left forward, walk right forward,

**3&4**cross left behind right, step right to right side, step left in place

**5** 6cross right over left, point left to left side

**7&8**cross left over right, rock right to right side, recover onto left.

### **Section 5 - Monterey ¼ Turn x2**

**1 2** Touch right to right side, step right beside left making ¼ turn right

**3 4**touch left to left side, step left beside right

**5 6**touch right to right side, step right beside left making ¼ turn right

**7 8**touch left to left side, step left beside right

### **Section 6 - Side, Together, Chasse - Cross Rock - Chasse**

**1 2**step right to right side, step left beside right

**3&4**step right to right side, close left beside right, step right to right side

**5 6**cross rock left over right, recover onto right

**7&8**step left to left side , close right beside left, step left to left side

### **Section 7 - Back Rock - Shuffle Forward - Forward Rock - Coaster Step**

**1 2** Rock back on right, recover onto left

**3&4**shuffle forward, right, left, right

**5 6** Rock forward on left, recover onto right

**7&8** Step back on left, step right next to left, rock forward on left

### **Section 8 - Step - Pivot ½ - Side - Drag - Rock Forward - Coaster Step**

**1 2** Step forward on right, Pivot ½ turn left

**3 4** Take a big step forward on right, slide left beside right

**5 6**rock forward on left, recover onto right

**7&8**step back on left, step right beside left, step forward on left