

Glory Days

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Count: 32 **Wall:** 2 **Level:** Easy Improver - Rolling 8-count

Choreographer: Sebastiaan Holtland , Netherlands. Nov 2016

Music: Little Mix - F.U. (iTunes & other mp3 sites) (approx 3:10 mins) (Cd: Glory Days (DeLuxe concert film edition 2016))

Introduction: Start on approx 03 sec.

Part I. [1-8] Back, ½ Turn L, Step, Hitch with ¼ Turn L, Runs Fwd R, L, R, L, Recover, Sweep L, Recover, Sweep R, Sailor Step R, Weave R.

1-2 Step R back, Making ½ turn L (6) step L forward, Continue a ¼ turn L (3) over L and hitch R knee Up.

3&4 Stepping R forward, Stepping L forward, Stepping R forward, Stepping L forward.

5-6 Recover back onto R and sweep L from front to back, Recover back onto L and sweep R from front to back.

7&8 Step R behind L, Step L to L, Step R to the R, Step L behind R, Step R to R, Step L across R.

Part II. [9-16] Sways R, L, Half Diamond R, Side, Together, Step with 1/8 Turn R, Fwd Rock / Recover, ½ Turn L, Step, Small Side Step with ¼ Turn L, Recover.

1-2 Sway R hip to R, Sway L hip to L.

3&4 Step R across L, Making 1/8 turn (4.30) step L to L, Step R back, Step L back.

5&6 Making 1/8 turn R (6) step R to R, Step L beside R, Step R forward.

6-7 Step L forward, Recover back onto R.

8&9 Making ½ turn L (12) step L forward, Continue a ¼ turn L (9) over L and step L slightly to L, Recover back onto L.

Part III. [17-24] Step, Pushing Hips Fwd, Replace, ¼ Turn L, Step, Pushing Hips Fwd, Replace, Step, Point, Back, ¼ Turn R, Side, Step with Hitch R.

1-2 Step R slightly diagonal forward and pushing hips forward, Pushing hips forward weight onto R.

3-4 Making $\frac{1}{4}$ turn L (6) step L slightly diagonal forward and pushing hips forward, Pushing hips forward weight onto L.

(NB: 1st Restart here in wall 3 after 20 counts, after start again (6 o'clock)).

(NB: 2nd Restart here in wall 6 after 20 counts, after start again (12 o'clock)).

5-6 Step R forward, Point L out to L.

7&8 Step L back, Making $\frac{1}{4}$ turn R (9) step R to R, Step L forward and hith R knee up.

Part IV. [25-32] Side, Sailor Step, Sailor Turn L, Step, $\frac{1}{2}$ Pivot Turn L, Step, Step, Back, $\frac{1}{2}$ Triple Turn L.

1-2&aStep R to R, Step L behind R, Step R to R, Step L to L.

3&a4Step R behind L, Making $\frac{1}{4}$ turn L (6) step L to L, Step R forward, Step L forward.

5&a6Step R forward, Making $\frac{1}{2}$ turn L (12) over L, Step R forward, Step L forward.

7 Step R back.

8&aMaking $\frac{1}{2}$ turn L (6) step L forward, Step R beside L, Step L slightly to L ($\frac{1}{2}$ triple turn L).

REPEAT DANCE AND HAVE FUN!!

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