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| These Days! |  |

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| **Count:** | 56 | **Wall:** | 0 | **Level:** |  | . |
| **Choreographer:** | Paul Snooke (AUS) |
| **Music:** | These Days - Rascal Flatts |
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**CROSS ROCK, ½ SHUFFLE, FORWARD ROCK, 3/8, ¼, SAILOR**

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| 1-2&3&4 | Turning 45 degrees left step right forward, replace weight on left, turning ½ turn right step right forward, shuffle forward left-right-left (facing 5:00) |

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| &5&6-7&8 | Step right forward, replace weight on left, turning 135 degrees right step right forward, turning ¼ turn right step left to left side (facing 12:00), step right behind left, step left to left side, step right to right side (sailor) |

**CROSS ROCK BACK, ½, COASTER STEP, ½, FORWARD, ROCK, 1 ½ TURN**

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| 1-2&3&4 | Turning 45 degrees left step left back, replace weight on right, turning ½ turn right step left back, step right back, step left together, step right forward (coaster) (facing 5:00) |

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| &5-6&7-8 | Lifting left foot up to right knee turn ½ turn right, step left forward, replace weight on right turning ½ turn left step left forward, turning ½ turn left step right back, turning ½ turn left step left forward, (facing 5:00) |

**STEP FORWARD, BACK, BACK, COASTER, 3/8, BACK ROCK, ½, FORWARD ROCK**

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| &1-2-3&4 | Step right forward, step left back, step right back, step left back, step right together, step left forward (facing 5:00) |

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| &5-6&7-8 | Turning 135 degrees left step right back, step left back, replace weight on right, lifting left foot up to right knee turn ½ turn right, step left forward, replace weight on right (facing 9:00) |

**½, ¼, BEHIND, SIDE, CROSS, ROCK, SIDE, CROSS, UNWIND, SHUFFLE**

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| &1-2&3-4 | Turning ½ turn left step left forward, turning ¼ turn left step right to right side, step left behind, step right to right side, cross left over right, replace weight on right |

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| &5-6-7&8 | Step left to left side, cross right over left, unwind ½ turn left (weight on left), shuffle forward right-left-right |

**STEP, ¼, CROSS, SIDE, BACK ROCK, TOGETHER, KICK TWICE, BACK, BACK, POP X 3**

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| &1-2&3-4 | Step left forward, pivot ¼ turn right (weight on right), cross left over right, step right to right side, turning 45 degrees left step left back, replace weight on right (facing 5:00) |

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| &5-6&7&8 | Step left together, kick right forward, kick right forward, step right back, while stepping left back pop right knee, pop left knee, pop right knee |

**BACK ROCK, 7/8, FORWARD ROCK, ¼, CROSS, SIDE**

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| 1-2-3&4 | Step right back, replace weight on left, turning 315 degrees right triple step right-left-right (facing 5:00) |

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| 5-6&7-8 | Step left forward, replace weight on right, turning ¼ turn left step left to left side, cross right over left, step left to left side |

**BACK ROCK, SIDE, BACK, TOUCH, FORWARD, ½, BACK, STEP, KICK, HITCH, TOUCH**

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| 1-2&3-4 | Cross right behind left, replace weight on left, step right to right side, turning 45 degrees right step left back, touch right back |

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| 5&6-7&8& | Step right forward, turning ½ turn step left back, step right back, step left forward, kick right forward, hitch right knee, touch right toe back |

**REPEAT**

**RESTART**

**On the 4th wall, after count 42 drag the right together for 4 counts and restart dance again**