

# 30 Days

Count: 32

Wall: 4

Level: Beginner

Choreographer: EWS Winson (MY) & Penny Tan (MY) - February 2017

Music: 30 Days - The Tractors



**Intro: 20 counts in from the instrumental song (approx. 18 sec)**

## #1 (1-8) □ R-L Charleston Steps □

- 1-2            Weight on LF: Step RF forward (1), swing LF from back to front and touch L toes forward (2) □ 12.00
- 3-4            Swing LF from front to back and step LF back (3), swing RF from front to back and touch R toes back (4) □ 12.00
- 5-6            Step RF forward (5), swing LF from back to front and touch L toes forward (6) □ 12.00
- 7-8            Swing LF from front to back and step LF back (7), swing RF from front to back and touch R toes back (8) □ 12.00

**Optional: Swivel heels out & in while doing the Charleston**

## #2 (9-16) □ R Heel Touch X2, R Sailor Cross, L Heel Touch X2, L Sailor Cross □

- 1-2            Touch R heel forward to R diagonal twice (1-2) □ 12.00
- 3&4            Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) □ 12.00
- 5-6            Touch L heel forward to L diagonal twice (5-6) □ 12.00
- 7&8            Cross LF behind RF (7), step RF to R side (&), cross LF over RF (8) □ 12.00

## #3 (17-24) □ R-L Jive Box $\frac{3}{4}$ (L) □

- 1&2            Step RF to R side (1), close LF beside RF (&), step RF to R side (2) □ 12.00
- 3&4            Turn  $\frac{1}{4}$  L stepping LF to L side (3), close RF beside LF (&), step LF to L side (4) □ 9.00
- 5&6            Turn  $\frac{1}{4}$  L stepping RF to R side (5), close LF beside RF (&), step RF to R side (6) □ 6.00
- 7&8            Turn  $\frac{1}{4}$  L stepping LF to L side (7), close RF beside LF (&), step LF to L side (8) □ 3.00

## #4 (25-32) □ R-L Forward Jazz Jump, Clap, R-L Back Jazz Jump, Clap, R Hitch & Hands Slap, R Step, L Hitch & Hands Slap, L Step, Clap X2, Thumbs Point □

- &1-2            Jump RF forward (&), jump LF forward (1), clap both hands (2) – feet are apart □ 3.00
- &3-4            Jump RF back (&), jump LF back (3), clap both hands (4) – feet are slightly closer to each other □ 3.00
- 5&6&            Lift R knee up slapping both hands on R thigh (5), step RF in place (&), lift L knee up slapping both hands on L thigh (6), step LF in place (&) □ 3.00
- 7&8            Clap both hands twice (7-&), point both thumbs to the chest (8) □ 3.00

**Ending: At the end of Wall 8, repeat only the last section (Sec 4) by omitting the last 2 counts and add this step – Jump both feet apart spreading both hands upwards in a 'V' shape and shout "YEEHAA", finishing at 12.00 o'clock.**

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