

30 Days

COPPER KNOB
DANCE COMPANY

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: EWS Winson & Penny Tan - Feb 2017

Music: 30 Days by 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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