Remember The Days

Level: Beginner / Improver

Count: 32 Choreographer: Niels Poulsen (DK) - March 2017 Music: High - Lighthouse Family : (iTunes)

Intro: 8 counts from when the beat kicks in (app. 39 secs. into track). Start with weight on L foot

NOTE: NO TAGS – NO RESTARTS!

[1 – 8] R rock step fwd, R back lock step, L back rock, ¼ R chasse L

- Rock R fwd (1), recover back on L (2) 12:00 1 – 2
- 3&4 Step back on R (3), lock L in front of R (&), step back on R (4) \Box 12:00
- Rock back on L (5), recover fwd onto R (6) 12:00 5 – 6
- Turn $\frac{1}{4}$ R stepping L to L side (7), step R next to L (&), step L to L side (8) \Box 3:00 7&8

[9 – 16] R back rock, R kick ball cross, R step slide, ball cross, side L

- 1 2 Rock back on R (1), recover fwd onto L (2) (body opens up naturally to R diagonal) \Box 3:00
- 3&4 Kick R fwd (3), step R next to L (&), cross L slightly over R (4) □3:00
- 5 6 Step R a big step to R side (5), slide L towards R (6) \Box 3:00
- Step L behind R (&), cross R over L (7), step L to L side () 3:00 &7 – 8

[17 – 24] Modified figure 8 vine, chasse 1/4 R

- 1 2 Cross R behind L (1), turn ¼ L stepping L forward (2) □12:00
- 3 4 Step R fwd (3), turn $\frac{1}{2}$ L stepping onto L (4) \Box 6:00
- 5 6 Turn $\frac{1}{4}$ L stepping R to R side (5), cross L behind R (6) \Box 3:00
- 7&8 Step R to R side (7), step L next to R (&), turn ¼ R stepping R fwd (8) 16:00

[25 – 32] L rock step fwd, ¼ L chasse, R jazz box, fwd L

- 1 2 Rock fwd on L (1), recover back on R (2) 6:00
- 3&4 Turn ¼ L stepping L to L side (3), step R next to R (&), step L to L side (4) 3:00
- 5 8 Cross R over L (5), step back on L (6), step R to R side (7), step fwd on L (8) \Box 3:00

Start again

Ending \Box Wall 13 is your last wall (starts at 12:00). Finish the whole dance (now facing 3:00). Turn ¼ L stepping R to R side and you're now facing 12:00 again -12:00

Contact: nielsbp@gmail.com





Wall: 4