

These Days

Count: 32

Wall: 4

Level: Novice WCS

Choreographer: Sébastien BONNIER (FR) - March 2018

Music: These Days (feat. Jess Glynne, Macklemore & Dan Caplen) - Rudimental



Intro: 16 Counts

[1-8] WALKS FORWARD (x2), STEP FORWARD, 1/2 TURN L WITH TOGETHER, STEP FORWARD, WALKS FORWARD (x2), SUGAR PUSH

1-2 RF Step forward, LF Step forward
3&4 RF Step forward, 1/2 TL with LF Step together, RF Step forward (6:00)
5-6 LF Step forward, RF Step forward
7&8 LF Cross behind, RF Recover weight, LF Step backward

(RESTART: 2nd WALL)

[9-16] WALKS BACKWARD (x2), ANCHOR STEP, CROSS POINT L&R

1-2 RF Step backward, LF Step backward
3&4 RF Step Together (3rd position), LF Recover weight, RF Recover weight
5-6 LF Cross over, RF Point side R
7-8 RF Cross over, LF Point side L

[17-24] SAILOR STEP L&R, CROSS POINT, STEP SIDE, TWIST TURN 1/2 R

1&2 LF Cross behind, RF Step side R, LF Step side L
3&4 RF Cross behind, LF Step side L, RF Step side R
5-6 LF Cross point behind, LF Step side L
7-8 RF Lock behind, 1/2 TR with finish weight on RF (12:00)

[25-32] CROSS SHUFFLE, ROCK SIDE 1/4 TURN L, WALKS FORWARD (x2), ROCKING CHAIR

1&2 LF Cross over, RF Step side R, LF Cross over
3-4 RF Step side R, 1/4 TL with LF Recover weight (9:00)
5-6 RF Step forward, LF Step forward
7&8& RF Step forward, LF Recover weight, RF Step backward, LF Recover weight

Restart at the 2nd Wall: Make 8 counts and Restart

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