These Days!

Count: 56 **Wall:** 0 **Level:**
Choreographer: Paul Snooke (AUS)
Music: These Days - Rascal Flatts

CROSS ROCK, ½ SHUFFLE, FORWARD ROCK, 3/8, ¼, SAILOR

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)
&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

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)
&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

&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)
&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

&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
&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

&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)
&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

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

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
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