

# These Days

**Count:** 42

**Wall:** 2

**Level:** Improver

**Choreographer:** Diana Bishop (AUS)

**Music:** These Days - Rascal Flatts



---

1-2-3	Rock to right onto right, rock to left onto left, step right across left
4-5-6	Rock to left onto left, rock to right onto right, step left across right
1-2-3	Rock forward onto right, rock onto left, back onto right
4-5-6	Rock back onto left, forward onto right, forward onto left
1-2-3	Step forward right, turn $\frac{1}{2}$ to left (pivoting on ball of left foot), step right forward
4-5-6	Step forward left, turn $\frac{1}{2}$ to right (pivoting on ball of right foot), step left forward
1-2-3	Walk forward right-left-right (shuffle)
4-5-6	Walk forward left-right-left (shuffle)
1-2-3	Step right forward, turn $\frac{1}{4}$ to left (pivoting on ball of left foot), step right next to left
4-5-6	Step left forward, turn $\frac{1}{4}$ to right (pivoting on ball of right foot), step left next to right
1-2-3	Step right to right, step left next to right, step right to right
4-5-6	Step left to left, step right next to left, turn $\frac{1}{4}$ to left step left forward
1-2-3	Rock right to right side, turn $\frac{1}{4}$ to left (pivoting on ball of left foot), step right next to left
4-5-6	Step left forward, turn $\frac{1}{2}$ to left step back on right, turn $\frac{1}{2}$ to left step right forward (full turn moving forward) or shuffle forward left-right-left

**REPEAT**

---