

These Are the Glory Days

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Phrased High Improver
编舞者: Jan Cook (USA) - August 2023
音乐: Glory Days - Gabby Barrett



Intro 16 Counts. Sequence is AA, B, AA, B(short), AA, BB, B(short)

Part A - 32 Counts – 2 Walls – Always done twice

SECTION 1 – Side Together Fwd, Side Together Fwd, Step, Touch, Step, Coaster Step

1&2 Step R to R side (1), step L next to R (&), step forward on R (2)
3&4 Step L to L side (3), step R next to L (&), step forward on L (4)
5&6 Step forward on R (5), touch L toe behind R heel (&), step back on L (6)
7&8 Step back R (7), close L beside R (&), Step forward R (8)

SECTION 2 – Quarter Turn Cross, Chasse R, Rock Back, Chasse Left

1&2 Step forward L (1), Step R while turning 1/4 (&), Cross L over R (2) (3:00)
3&4 Step R to R side (3), close L beside R (&), step R to R side (4)
5-6 Cross rock L behind R (5), recover weight to R (6)
7&8 Step L to L side (7), close R beside L (&), step L to L side (8).

SECTION 3 – Cross, ¼ Turn R, Chasse ¼ Turn, Pivot ½ Turn, Chasse ¼ Turn

1 Cross R over L (1)
2 Turn ¼ R while stepping back on L (2) (6:00)
3&4 Step R to R side (3), close L beside R (&), Turn ¼ R as you step R (4) (9:00)
5-6 Step forward on L (5), pivot ½ turn over Right shoulder stepping on R (6) (3:00)
7&8 Make a ¼ gradual turn R as you Step L to L side (7), close R beside L (&), Step L (8) (6:00)

SECTION 4 – Rock Back, Kick Ball Cross, Side Step Touch (x2)

1-2 Cross rock R behind L (1), recover weight to L (2)
3&4 Kick R (3), step R (&), Cross L over R (4)
5-6 Step R to R side (5), touch L beside R (6)
7-8 Step L to L side (7), touch R beside L (8)

Part B – 16 Counts – 1 Wall (Short B – do Section 1 only). Always done on 12:00 Wall.

SECTION 1 – Side Step/Ball Touch Hold (X2), V-Step*

&1,2 R side step (&), L ball touch besides R (1), hold (2)
&3,4 L side step (&), R ball touch besides L (3), hold (4)
5-6 Step diagonally forward to R with R (5), Step diagonally forward to L with L (6)
7-8 Bring R back in (7), close L beside R (8)

*Styling – as you do the side steps in counts 1 – 4, point same arm down to floor (lyrics are “right here, right now”).

Raise arms forward to chest high and spread out as you do counts 5-8.

SECTION 2 – Forward R Recover, Shuffle ½, Forward L Recover, Shuffle ½ (open/close the door)

1-2 R rocks forward (1), recover back on L (2)
3&4 ¼ turn R with R side step (3), L steps besides R (&), ¼ turn R with R stepping forward (4) (6:00)
5-6 L rocks forward (5), recover back on R (6)
7&8 ¼ turn L with L side step (7), R steps besides L (&), ¼ turn L with L stepping forward (8) 12:00

Sequence is AA, B, AA, B(short), AA, BB, B(short)

