

# The Days

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Tiffany Walker (USA) - March 2025  
音乐: THESE ARE THE DAYS - Niko Moon  
或: Liar - Jelly Roll



Song: These are the Days, by Niko Moon  
Very Quick start: 2 seconds in, starts right after he says "Days"  
No tags \* No restarts

Song: Liar, by Jelly Roll  
Quick start: 4 seconds in, starts when he says "I "  
No tags \* No restarts

## Section 1: Side Cha-Cha's - creating a square. Right start.

- 1&2& (Start facing 12 o'clock wall) - RF step to the right (1) LF step next to RF (&) RF step to the right (2) weight on right foot - ¼ turn over right shoulder (&) (facing 3 o'clock).
- 3&4& LF step to the left (3) RF step next to LF (&) LF step to the left (4) weight on left foot - ¼ turn behind your left shoulder (facing 6 o'clock).
- 5&6& RF step to the right (1) LF step next to RF (&) RF step to the right (2) weight on right foot - ¼ turn over right shoulder (facing 9 o'clock).
- 7&8 LF step to the left (3) RF step next to LF (&) LF step to the left (4). Leave weight on left foot .

## Section 2: Alternating Heel Digs, starting with right foot including a syncopated count.

- 1, 2, 3 & 4 RF heel to ground (1), then LF heel to ground (2), RF heel to ground (3) then lift it back up (&) and put it back on the ground again (4).
- 5, 6, 7 & 8 LF heel to ground (1), then RF heel to ground (2), LF heel to ground (3) then lift it back up (&) and put it back on the ground again (4).

## Section 3: Rocking Chair, Front Cha-Cha, Rocking Chair, Back Cha-Cha

- 1, 2, 3 & 4 Step back on your LF (1) and recover forward on your RF (2), Step forward with your LF (3), bring your RF next to the LF (&), step forward with your LF (4).
- 5, 6, 7 & 8 Step forward on your RF (5) and recover backwards on your LF (6), Step backwards with your RF (7), bring your LF next to the RF (&), step backwards with your RF (8) transfer weight to left foot.

## Section 4: Side Points and Pivots

- 1 - 2 Point left toe out to the side with slightly bent right knee (1, hold 2)
- 3 - 4 Point right toe out to the side with slightly bent left knee (3, hold 4).
- 5, 6, 7, 8 Step forward with your RF (5), half pivot turn over your left shoulder transferring weight to your LF (6), step forward with your RF (7), half pivot turn over your left shoulder transferring weight to your LF and bring your RF together (8). Leaving weight on left foot to restart the dance.