

Days

拍數: 32 牆數: 4 級數: Improver
編舞者: Mary Pentangelo (USA) - March 2025
音樂: THESE ARE THE DAYS - Niko Moon



****Quick start – starts on the word “Days” in “These are the days...”**

[1-8] RF Wizard, LF Wizard, RF Rock Recover, RF 1/2 Turn, LF 1/2 Turn

- 1&2& RF heel fwd, (hold “and”), LF lock behind RF, RF step next to LF (ending weight on RF)
- 3&4& LF heel fwd, (hold “and”), RF lock behind LF, LF step next to RF (ending weight on LF)
- 5-6 RF rock recover on LF
- 7-8 RF ½ turn over R shoulder, LF comes around over R should for another ½ turn (facing back front)

[9-16] RF Coaster Step, LF Kick Ball Point, RF Kick Ball Point, LF tap front, Swivel Hips and Heels

- 1-2 RF steps back, LF steps next to RF, RF steps fwd
- 3&4 LF kicks fwd, LF steps back next to RF quickly with a RF point to side
- 5&6 RF kicks fwd, RF steps back next to LF quickly with a LF point to side
- 7&8 LF toe tap fwd, leaving toe in place, swivel hips and heels to left and back to center

[17-24] RF Rock Recover, RF Stomp Side, LF Behind Side Cross, RF Point Side with two Claps

- 1-4 RF rock fwd, recover LF, RF stomp side, hold count 4
- 5&6 LF cross behind RF, RF step side, LF cross in front of RF
- 7&8 RF point side, Two claps on “&8”

[25-32] RF Heel Switch, LF Heel Switch, RF 1/2 Pivot Turn, RF 1/4 Turn LF Tap, LF Step Side, RF Tap

- 1&2 RF heel fwd, bring back and switch to LF heel fwd, bring back and switch (ready to go with RF)
- 3-4 RF ½ pivot turn over L shoulder
- 5-6 RF ¼ turn over L shoulder, LF tap next to RF
- 7-8 LF step side, RF tap next to LF

Restart the dance

Thank you for checking out my dance!
www.heartandsoullinedance.com