

Those Days

COPPER KNOB
STEPMATS

拍數: 48 牆數: 4 級數: Intermediate
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音樂: I Wish - Stevie Wonder



Start on vocals ? 32 counts (16 counts from start of full music) The clock positions in parentheses indicate the direction you should be facing at the end of the movement.)

1-8 **ROCK & KICK, BACK HALF OUT, TOUCH POINT, HOLD, TOUCH STEP**

1 & 2 Rock Left forward; & Recover to Right; Kick Left forward while turning head to left and throwing arms down and across to left
3 & 4 Step Left back; & Make 1/2 turn right and step Right forward; Step Left to left side (6:00)
5,6,7 Touch Right behind left; Point Right to right side; Hold
& 8 & Touch Right behind Left; Step Right to right side

For styling on counts 5 ? 8, you can look down and to the left when you touch behind

9-16 **HITCH & POINT, 3/4 MONTEREY, HOLD, & SWITCH & SWITCH, 1/2**

1 & 2 Hitch Left knee across body; & Step Left in place; Point Right to right side Look left again!
3,4,5 Make a 3/4 Monterey turn to right, stepping on Right; Touch Left to left side; Hold (3:00)
& 6 & 7 & Step Left beside right; Point Right to right side; & Step Right beside left; Point Left to left side
8 Make 1/2 turn left, stepping Left in place (9:00)

17-24 **SKATE, SKATE, MAMBO STEP, BACK, BACK, MAMBO STEP**

1,2 Skate Right forward, Skate Left forward (or funky walk)
3 & 4 Rock Right forward; & Recover to Left; Step Right beside Left
5,6 Step back on Left bending left knee as you lift right toe (both turned out); Step back on Right bending right knee as you lift left toe (both turned out)
7 & 8 Rock Left back; & Recover to Right; Step Left beside right

25-32 **ROCK & TURN, HITCH, & HEEL, BUMP & ROLL, SIT & BUMP**

1 & 2,3 Rock Right forward; & Recover to Left; Make 1/2 turn right and step forward on Right; Make another 1/2 turn right while hitching up Left knee (full turn total) (9:00)
& 4 & Step Left to left side; Present Right heel to forward right diagonal
5 & Bump Right hip up and down
6,7 Roll hips back counterclockwise and sit on Right
& 8 Bump Left hip up and down

33-40 **VINE LEFT, 3/4 TURN LEFT, PRESS RIGHT AND LEFT**

1,2,3 Step Left to left side; Step Right behind Left; Make a 1/4 turn left stepping forward on Left (6:00)
& 4 & Step forward onto Right; Pivot 1/2 turn to left stepping forward onto Left (12:00)
5,6,7 Press Right to right side while raising right shoulder; Recover to Left; Step Right beside left
& 8 & & Press Left to left side while raising left shoulder; Recover to Right; & Step Left beside right

41-48 **STEP, KICK, BEHIND & CROSS, 3/4 TWIST, COASTER STEP**

1,2 Large step forward on Right; Kick Left to left forward diagonal
3 & 4 Step Left behind right; & Step Right to right side; Step Left across (in front of) right
5 & 6 & Making a 3/4 turn right, twist heels left-right-left (5&6), bumping left hip up when twisting left; & Bring right next to left (smooth motion through ? not a touch) (9:00)
7 & 8 Step Right back; & Step Left next to right; Step Right forward

Begin Again!

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