

# These Days

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**Choregraphie par :** Ria VOS

**Description :** 32 temps, 4 murs, Intermediaire,  
Février 2018

**Musique :** « These Days (feat. Jess Glynne,  
Macklemore & Dan Caplen » Rudimental)



**Intro: 16 Counts (± 10 sec)**

**Rock Back, Kick-Step, Touch Behind, Unwind ½ Turn L, Shuffle ½ Turn L, ¼ L Side-Together-Cross**

- 1& Rock Back on R, Recover on L
- 2& Kick R Fwd, Step R Fwd
- 3-4 Touch L Behind R Heel, Unwind ½ Turn L (weight on L) (6:00)
- 5&6 Shuffle ½ Turn L Stepping R-L-R (12:00)
- &7-8 ¼ Turn L Step L to L Side, Step R Next to L, Cross L Over R (9:00)

**Kick-Ball-Cross, Side-Together-Cross, L Side Rock-Cross, R Side Rock-Cross**

- 1&2 Kick R to R Diagonal, Step R Next to L, Cross L Over R
- &3-4 Step R to R Side, Step L Next to R, Cross R Over L
- 5&6 Rock L to L Side, Recover on R, Cross L Over R
- 7&8 Rock R to R Side, Recover on L, Cross R Over L

**Back Lock Step, ¼ R Side, Touch, Side, Touch, ¼ R Shuffle Fwd, Hip Bump Fwd, ½ Turn R with Sweep**

- 1&2 Step Back on L, Lock R Over L, Step Back on L
- &3 ¼ Turn R Step R to R Side, Touch L Next to R (12:00)
- &4 Step L to L Side, Touch R Next to L
- 5&6 ¼ Turn R Shuffle Fwd Stepping R-L-R (3:00)
- 7& Step & Bump L Fwd, Recover on R
- 8 ½ Turn R Step Weight Back on L Sweeping R from Front to Back (9:00)

**Behind, Side, Cross Rock, Side, Rock Back, L Dorothy, Rock Fwd, Point**

- 1& Step R Behind L, Step L to L Side \*\*\*Tag from here
- 2&3 Cross Rock R Over L, Recover on L, Step R Big Step to R Side
- 4& Rock Back on L, Recover on R
- 5-6& Step L Fwd to L Diagonal, Lock R Behind L, Step L Fwd to L Diagonal
- 7&8 Rock Fwd on R, Recover on L, Point R to R Side

**Tag: After wall 1 (9:00)**

**Repeat last 8 counts of the dance and start again**

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