



## Taking Me Back

32 Count, 4 Wall, Intermediate  
Choreographer: Gary O'Reilly (IE) Feb 2108  
Choreographed to: These Days by Rudimental,  
ft. Jess Glynne, Macklemore & Dan Caplen

### 16 count intro

#### Section 1: **L Kick Ball Step, Pivot 1/2 L, 1/2 L, 1/4 Rock & Cross, 1/8 L Sit R, Recover L**

8 & 1 Low kick L forward (8), step ball of L next to R (&) step forward on R (1)  
2 3 Pivot 1/2 L (weight on L) (2), 1/2 turn L stepping slightly back on R (3) [12:00]  
4 & 5 1/4 L rocking L to L side (4), recover on R (&), cross L over R (5) [9:00]  
6 7 1/8 L stepping back on R sitting into R hip with straight L leg and L heel forward (6),  
recover weight onto L still facing diagonal (7) [7:30]  
**\*Restart/Tag during wall 2 facing the back wall [6:00]**

#### Section 2: **R Cross, L Side, R Together, L Cross, 1/4 L, 1/2 L, R Side/Touch L, L Side/Touch R, Back R**

8 & 1 Cross R over L squaring up to [9:00] (8), step L to L side (&), step R next to L opening  
body slightly to R diagonal (1) [9:00]  
2 3 4 Cross L over R (2), 1/4 turn L stepping back on R (3), 1/2 turn L stepping forward on L (4) [12:00]  
5&6& Step R to R side (5), touch L next to R (&), step L to L side (6), touch R next to L (&)  
7 Step back on R keeping L heel forward with toes pointing up (7)

#### Section 3: **Back L, 3/8 R Fwd R, Fwd L, Rock Fwd R, Recover L, Back R, 1/2 L, 1/8 L Stepping R, L Rock Back & L Side**

8 & 1 Step back on L (8), 3/8 R stepping forward on R (&), step forward on L (1) [4:30]  
2 3 Rock/press forward on R (2), recover on L (3)  
4 & 5 Step back on R (4), 1/2 turn L stepping forward on L [10:30] (&),  
1/8 turn L stepping R to R side (5) [9:00]  
6 & 7 Rock L behind R (6), recover on R (&), step L to L side (7)

#### Section 4: **R Sailor 1/4 R, 1/2 L Push L, Push Back R, Walk Fwd L Ball Step 1/4 L, Walk Fwd R, 1/2 R Hitching L into Figure 4**

8 & 1 Step R behind L (8), 1/4 turn R stepping L next to R (&), step forward on R (1) [12:00]  
2 3 1/2 turn L pushing forward onto L (2), push back onto R (3) [6:00]  
4 & 5 Walk forward on L (4), 1/4 turn L stepping ball of R slightly to R side (&), step forward on L (5)  
[3:00]  
6 7 Walk forward R (6), 1/2 turn over R on ball of R hitching L into figure 4 (7) [9:00]  
**Count 32 begins the dance again with the L kick forward on (8)**

**\*Restart/Tag: After count 7 of section 1 during wall 2, add the following tag restarting the dance on count 1**

**\*1/8 Shuffle RLR**

8 & 1 1/8 R stepping forward on R straightening up to [6:00] (8), step L next to R (&),  
step forward on R (1) count 1 Restarts the dance