

## These Days

32 Count, 4 Wall, Improver

Choreographer: Hayley Wheatley (Nuline UK) November 2014

Choreographed to: These Days by Take That  
(iTunes, Amazon)

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Intro: 32 counts (start on heavy beat)

**CROSS ROCK, RECOVER, CHASSE ¼ TURN, ROCK FORWARD, RECOVER, BEHIND, TURN, STEP**

- 1-2 Cross rock left foot over right, recover onto right foot
- 3&4 Step left foot to left side, close right foot next to left, step left foot to left making ¼ turn left (9:00)
- 5-6 Rock forward onto right foot, recover onto left
- 7&8 Step right foot behind left, make ¼ turn left stepping left foot to left side, step forward on right (6:00)

**ROCK FORWARD, RECOVER, BALL STEP, STEP FORWARD, ROCK FORWARD, RECOVER, SHUFFLE BACK**

- 1 -2 Rock forward on left foot, recover onto right,
- &3-4 Step back onto ball of left foot, step forward onto right, step forward onto left foot
- 5-6 Rock forward on right foot, recover onto left foot
- 7&8 Step back on right foot, step left foot next to right, step back on right foot

**COASTER STEP, PIVOT ¼ TURN, CROSS, SIDE, ROCK, BACK ROCK, RECOVER**

- 1 &2 Step back on left foot, step right foot next to left, step forward on left foot
- 3-4 Step forward onto right foot, pivot ¼ turn left (3:00)
- 5-6 Cross step right foot over left, step left foot to left side
- 7-8 Rock back onto right foot, recover onto left

**HALF MONTEREY ½ TURN, STEP PIVOT ½ TURN, FULL TURN RIGHT, KICK, OUT, OUT**

- 1 -2 Touch right toe to right side, make ½ turn right stepping weight onto right foot (9:00)
- 3-4 Step forward onto left foot, pivot ½ turn right (3:00)
- 5-6 Turn ½ turn right stepping back on left foot, turn ½ turn right stepping forward onto right foot
- 7&8 Kick left foot forward, step left foot out to left side, step right foot out to right side

**Tag 16 counts performed at the end of wall 3 facing (9:00)**

**STEP PIVOT ½ TURN X2, LEFT ROCK AND CROSS, RIGHT ROCK AND CROSS**

- 1 -2 Step forward on left foot, pivot 1/2 turn right (3:00)
- 3-4 Step forward onto left foot, pivot ½ turn right (9:00)
- 5&6 Rock left foot to left side, recover onto right, cross left foot over right
- 7&8 Rock right foot to right side, recover onto left, cross right foot over left

**MONTEREY ½ TURN, MONTEREY ¼ TURN**

- 1 -2 Touch left toe to left side, make ½ turn over left shoulder stepping weight onto left foot (3:00)
  - 3-4 Touch right toe to right side, close right foot next to left
  - 5 -26 Touch left toe to left side, make ¼ turn over left shoulder stepping weight onto left foot (12:00)
  - 3-4 Touch right toe to right side, close right foot next to left
- RESTART DANCE FACING 12:00