

These Days

32 Count, 2 Wall, Improver

Choreographer: Nathan Gardiner (Scotland) Jan 2015

Choreographed to: These Days by Take That

Intro: 32 counts

CROSS ROCK, RECOVER, CHASSE 1/4 LEFT, STEP 1/2 LEFT, FULL TURN LEFT

- 1-2 Cross rock left over right, Recover on right
- 3&4 Step left to left side, Step right next to left, Turn 1/4 left stepping forward on left
- 5-6 Step forward on right, Turn 1/2 left
- 7-8 Turn 1/2 left stepping back on right, Turn 1/2 left stepping forward on left

HEEL, &, TOUCH, &, POINT, &, POINT, &, HEEL, &, TOUCH, STEP 1/4 RIGHT

- 1&2& Touch right heel forward (or low kick), Step back in place, Touch left next to right, Step back in place
- 3&4& Point right toes out to right side, Step back in place, Point left toes out to left side, Step back in place
- 5&6 Touch right heel forward (or low kick), Step back in place, Touch left next to right
- 7-8 Step forward on left, Turn 1/4 right **R/W2**

CROSS SHUFFLE, TURN 1/4 RIGHT, TURN 1/2 RIGHT, 1/4 RIGHT INTO SIDE ROCK TOGETHER, SIDE ROCK, RECOVER

- 1&2 Cross step left over right, Step right to right side, Cross step left over right
- 3-4 Turn 1/4 right stepping forward on right, Turn 1/2 right stepping back on left
- 5-6 Turn 1/4 right and rock out to right side, Recover on left
- &7-8 Step right next to left, Rock out to left side, Recover on right

SAILOR STEP, SAILOR STEP, ROCK FORWARD, RECOVER, &, TOUCH, STEP RIGHT

- 1&2 Step left behind right, Step right to right side, Step left to left side
- 3&4 Step right behind left, Step left to left side, Step right to right side
- 5-6 Rock forward on left, Recover on right
- &7-8 Step back on left, Touch right next to left, Step right to right side

Restart: On wall 2 dance up to count 16 then Restart the dance

Start Again.....Happy Dancing