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Remember The Days

32 Count, 4 Wall, Improver

Choreographer: Niels Poulsen (DK) Mar 2017

Choreographed to: High by The Lighthouse Family.

Track:	5:10mins
Intro:	8 counts from when the beat kicks in (app. 39 secs. into track). Start with weight on L foot
Note:	No Tags – No Restarts!
Section 1	R Rock Step Fwd, R Back Lock Step, L Back Rock, ¼ R Chasse L
1 – 2	Rock R fwd (1), recover back on L (2) 12:00
3&4	Step back on R (3), lock L in front of R (&), step back on R (4) 12:00
5 – 6	Rock back on L (5), recover fwd onto R (6) 12:00
7&8	Turn ¼ R stepping L to L side (7), step R next to L (&), step L to L side (8) 3:00
Section 2	R Back Rock, R Kick Ball Cross, R Step Slide, Ball Cross, Side L
1 – 2	Rock back on R (1), recover fwd onto L (2) (body opens up naturally to R diagonal) 3:00
3&4	Kick R fwd (3), step R next to L (&), cross L slightly over R (4) 3:00
5 – 6	Step R a big step to R side (5), slide L towards R (6) 3:00
&7 – 8	Step L behind R (&), cross R over L (7), step L to L side (8) 3:00
Section 3	Modified Figure 8 Vine, Chasse ¼ R
1 – 2	Cross R behind L (1), turn ¼ L stepping L forward (2) 12:00
3 – 4	Step R fwd (3), turn ½ L stepping onto L (4) 6:00
5 – 6	Turn ¼ L stepping R to R side (5), cross L behind R (6) 3:00
7&8	Step R to R side (7), step L next to R (&), turn ¼ R stepping R fwd (8) 6:00
Section 4	L Rock Step Fwd, ¼ L Chasse, R Jazz Box, Fwd L
1 – 2	Rock fwd on L (1), recover back on R (2) 6:00
3&4	Turn ¼ L stepping L to L side (3), step R next to R (&), step L to L side (4) 3:00
5 – 8	Cross R over L (5), step back on L (6), step R to R side (7), step fwd on L (8) 3:00
Start again	
Ending	Wall 13 is your last wall (starts at 12:00). Finish the whole dance (now facing 3:00). Turn ¼ L stepping R to R side and you're now facing 12:00 again -12:00
