



These Days

32 Count, 4 Wall, Intermediate

Choreographer: Ria Vos (NL) Mar 2018

Choreographed to: These Days by Rudimental,
ft. Jess Glynne, Macklemore & Dan Caplen

Intro: 16 Counts (± 10 sec)

Section 1 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)

Section 2 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

Section 3 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)

Section 4 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