

90 Days



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 2 Wall High Intermediate Level Dance. Choreographed by: Dustin Betts (USA) May 2022 Choreographed to: 90 Days by Pink feat Wrabel Intro: 16 Counts. Start at approx 14 secs.

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SEC 1 1&2& 3-4& 5-6&7 8&	CROSS, SIDE, TOGETHER, CROSS, ¾, ½ CHASE TURN, RUN X3, BACK, BACK Cross R over L, Step L to left side, Bring R next to L, Cross L over R Make ¾ over left shoulder stepping R back, Step L fwd, Make ½ left bringing R next to L (9:00) Step L fwd, Step R fwd, Step L fwd, Step R next to L Step L back, Step R back
SEC 2 1-2& 3-4& 5-6&	1/4 SWAY, SWAY X2, 1/8, CROSS, 1/4, 1/4 BACK ROCK, RUN X2, FULL SPRIAL, RUN X2 Make 1/4 left stepping L to left side swaying upper body left, Sway right, Sway left (6:00) Recover onto R making 1/8 turn right, Cross L over R, Make 1/4 turn left stepping R back (4:30) Make 1/4 turn left rocking L back, Recover fwd onto R, Step L fwd (1:30)
Restart	Here on Wall 2&6, Add the following then restart
7-8	Step fwd onto R making % spiral over L shoulder, Step L to L side (6:00)
7-8&	Step fwd onto R making full spiral turn left hooking L, Step L fwd, Step R fwd, (1:30)
SEC 3	CROSS ROCK, SIDE ROCK, SWEEP, BEHIND-SIDE, STEP-HITCH, PRESS, SWEEP, BEHIND, 1/8
1&2& 3-4& 5-6 7-8&	Cross rock L over R, Recover onto R, Rock L to left side, Recover onto R (12:00) Step L back sweeping R front to back, Cross R behind L, Step L to left side Step R fwd hitching L, Press weight of L fwd Recover back onto R sweeping L front to back, Cross L behind R, Make 1/8 turn right stepping R fwd (1:30)
1&2& 3-4& 5-6	Cross rock L over R, Recover onto R, Rock L to left side, Recover onto R (12:00) Step L back sweeping R front to back, Cross R behind L, Step L to left side Step R fwd hitching L, Press weight of L fwd
1&2& 3-4& 5-6 7-8& SEC 4 1-2 3&4 &5-6	Cross rock L over R, Recover onto R, Rock L to left side, Recover onto R (12:00) Step L back sweeping R front to back, Cross R behind L, Step L to left side Step R fwd hitching L, Press weight of L fwd Recover back onto R sweeping L front to back, Cross L behind R, Make ½ turn right stepping R fwd (1:30) ¾ PIVOT, CROSS, ¼, ¼, ¼ FLICK, STEP FWD, ½ PIVOT, ¾, SIDE Step L fwd, Pivot ¾ right taking weight onto R (6:00) Cross L over R, Make ¼ turn left stepping back on R, Make ¼ turn left stepping L to left side (12:00) Make ¼ turn left raising on ball of left flicking R back, Step R next to L, Pivot ½ left taking weight fwd onto L (9:00) Make ½ turn left stepping fwd onto R, Make ¼ turn left stepping L to left side (6:00) At the end of Wall 3
1&2& 3-4& 5-6 7-8& SEC 4 1-2 3&4 &5-6 7-8	Cross rock L over R, Recover onto R, Rock L to left side, Recover onto R (12:00) Step L back sweeping R front to back, Cross R behind L, Step L to left side Step R fwd hitching L, Press weight of L fwd Recover back onto R sweeping L front to back, Cross L behind R, Make ½ turn right stepping R fwd (1:30) % PIVOT, CROSS, ¼, ¼, ¼ FLICK, STEP FWD, ½ PIVOT, ¾, SIDE Step L fwd, Pivot ¾ right taking weight onto R (6:00) Cross L over R, Make ¼ turn left stepping back on R, Make ¼ turn left stepping L to left side (12:00) Make ¼ turn left raising on ball of left flicking R back, Step R next to L, Pivot ½ left taking weight fwd onto L (9:00) Make ½ turn left stepping fwd onto R, Make ¼ turn left stepping L to left side (6:00)

