

These Days

Choreographed by: Mikael Mölsä

Music: **These Days** by Rascal Flatts (CD: *Melt*) (135 BPM)
I Still Believe In You by Vince Gill (for practice)

Description: 56 counts, 4 wall line dance

Level: Intermediate

Note: Start the dance 8 counts after the first beat, 2 counts before the lyrics start.

SHUFFLE FORWARD, SHUFFLE FORWARD, SYNCOPATED ½ PIVOT TURN, SHUFFLE LEFT

1&2 Shuffle forward right-left-right
3&4 Shuffle forward left-right-left
5&6 Step forward on right, turn ½ to left, step right forward
7&8 Shuffle to left (left-right-left)

SHUFFLE FORWARD, SHUFFLE FORWARD, REVERSE COASTER STEP, SHUFFLE BACK

1&2 Shuffle forward right-left-right
3&4 Shuffle forward left-right-left
5&6 Step forward on right, step left next to right, step back on right
7&8 Shuffle back left-right-left

ROCK-N-SIDES, SYNCOPATED WEAVE, CROSS BEHIND, ¼ TURN RIGHT

1&2 Rock right forward, recover on left, step right to side
3&4 Rock left forward, recover on right, step left to side
5&6 Step right over left, step left to side, step right behind left
7&8 Sweep left behind right and step weight on left (1), while turning ¼ to right step right forward (&), step left forward (2)

KICK-N-TOUCH, ¼ TURNING SAILOR, SHUFFLE FORWARD, SYNCOPATED ½ PIVOT TURN

1&2 Kick right foot forward, step right foot next to left, touch left to side
3&4 Step left behind right, step right next to left, step left forward turning ¼ to left
5&6 Shuffle forward right-left-right
7&8 Step left forward, turn ½ to right, step left forward

ROCK-N-CROSS TWICE, FULL TURNING SHUFFLE TRAVELLING FORWARD X 2

1&2 Rock right foot to side, recover on left, step right foot over left
3&4 Rock foot to side, recover on, step foot over
5&6 Shuffle forward right-left-right (while doing this turn a full left turn)

7&8 Shuffle forward left-right-left (while doing this turn a full right turn)

Option: If you don't want to turn full turns on steps 5 - 8, then do the shuffles just travelling forward.

SHUFFLE FORWARD, TOUCH-TOUCH-¼ TURN, SYNCOPATED ½ PIVOT TURN, SHUFFLE FORWARD

1&2 Shuffle forward right-left-right

3&4 Touch left toe forward, touch left next to right, step forward on left while turning ¼ to left

5&6 Step forward on right, turn ½ to left, step forward on right

7&8 Shuffle forward left-right-left

SHUFFLE RIGHT, ¼ SYNCOPATED TURN TO LEFT, CROSS SHUFFLE, ¼ ROCK-N-TURN TO RIGHT

1&2 Shuffle right (right-left-right)

3&4 Step left over right, turn ¼ to left while stepping right back, step left to side

5&6 Step right over left, step left to side, step right over left

7&8 Step left to side, turn ¼ to right while stepping right forward, step left forward

REPEAT

