Days

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Mary Pentangelo (USA) - March 2025
Music: THESE ARE THE DAYS - Niko Moon

****Quick start – starts on the word "Days" in "These are the days…"**

[1-8] RF Wizard, LF Wizard, RF Rock Recover, RF 1/2 Turn, LF 1/2 Turn

1&2&	RF heel fwd, (hold "and"), LF lock behind RF, RF step next to LF (ending weight on RF)
3&4&	LF heel fwd, (hold "and"), RF lock behind LF, LF step next to RF (ending weight on LF)
5-6	RF rock recover on LF
7-8	RF ½ turn over R shoulder, LF comes around over R should for another ½ turn (facing back front)

[9-16] RF Coaster Step, LF Kick Ball Point, RF Kick Ball Point, LF tap front, Swivel Hips and Heels

1-2	RF steps back, LF steps next to RF, RF steps fwd
3&4	LF kicks fwd, LF steps back next to RF quickly with a RF point to side
5&6	RF kicks fwd, RF steps back next to LF quickly with a LF point to side
7&8	LF toe tap fwd, leaving toe in place, swivel hips and heels to left and back to center

[17-24] RF Rock Recover, RF Stomp Side, LF Behind Side Cross, RF Point Side with two Claps

1-4	RF rock fwd, recover LF, RF stomp side, hold count 4
5&6	LF cross behind RF, RF step side, LF cross in front of RF
7&8	RF point side, Two claps on "&8"

[25-32] RF Heel Switch, LF Heel Switch, RF 1/2 Pivot Turn, RF 1/4 Turn LF Tap, LF Step Side, RF Tap

1&2	RF heel fwd, bring back and switch to LF heel fwd, bring back and switch (ready to go with RF)
3-4	RF ½ pivot turn over L shoulder
5-6	RF ¼ turn over L shoulder, LF tap next to RF
7-8	LF step side, RF tap next to LF

Restart the dance

Thank you for checking out my dance!
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