

These Days

Count: 32

Wall: 4

Level: Beginner

Choreographer: Gary Lafferty (UK) - March 2026

Music: These Days - Tide Lines



6-count intro

SECTION 1: RIGHT LOCK-STEP FORWARD with BRUSH; LEFT LOCK-STEP FORWARD with BRUSH

- 1-2 Step diagonally-forward Right on Right foot, lock-step Left foot behind Right
- 3-4 Step diagonally-forward Right on Right foot, brush Left foot forward
- 5-6 Step diagonally-forward Left on Left foot, lock-step Right foot behind Left
- 7-8 Step diagonally-forward Left on Left foot, brush Right foot forward

SECTION 2 : JAZZBOX WITH ¼ TURN & CROSS, CONTINUING INTO A WEAWE

- 1-2 Step down on Right foot (over Left), step back on Left foot
- 3-4 Turn ¼ Right stepping to Right on Right foot, cross-step Left foot over Right
- 5-6 Step to Right side on Right foot, cross-step Left foot behind Right
- 7-8 Step to Right side on Right foot, cross-step Left foot over Right

SECTION 3: STEP RIGHT, TOUCH, STEP LEFT, TOUCH; RIGHT TOE-SLIDES (OUT-IN-OUT-IN)

- 1-2 Step to Right side on Right foot, touch Left foot beside Right
- 3-4 Step to Left side on Left foot, touch Right foot beside Left
- 5-6 Slide Right foot out to Right side, slide Right foot "in" to touch beside Left
- 7-8 Slide Right foot out to Right side, slide Right foot "in" to touch beside Left

SECTION 4: RUMBA BOX BACK with BRUSH

- 1-2 Step to Right side on Right foot, step on Left foot beside Right,
- 3-4 Step back on Right foot, touch Left foot beside Right
- 5-6 Step to Left side on Left foot, step on Right foot beside Left
- 7-8 Step forward on Left foot, brush Right foot forward

START AGAIN

TAG 1 – ROCKING CHAIR

This is done at the end of Wall 3, facing 9 o'clock

- 1-4 Rock forward on Right foot, recover weight onto Left; rock back on Right foot, recover weight onto Left

TAG 2 – ROCKING CHAIR; STEP FORWARD, PIVOT ½ TURN, BRUSH

This is done at the end of Wall 9, facing 3 o'clock (and yes, it's 7 counts!)

- 1-4 Rock forward on Right foot, recover weight onto Left; rock back on Right foot, recover weight onto Left
- 5-6 Step on Right foot, pivot ½ turn to Left
- 7 Brush Right foot forward (and then you are starting again with the Right lock-step facing 9 o'clock)

The song is very catchy and hopefully you'll find yourself singing along to it! If you would like a version with a pre-recorded count-in then please just get in touch with me via email, WhatsApp or Messenger