



ČESKÁ ASOCIACE LINE DANCE CZECH LINE DANCE ASSOCIATION

These Days

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Type of dance: 32 Count, 2 Walls, Line Dance Smooth West Coast Swing

Level: Novice

Music: „These Days“ by Rudimental (feat. Jess Glynne, Macklemore & Dan Caplen)

Intro: 16 counts

Tag: 8 counts after the 1st Wall

Counts	Footwork	End facing
1-8	3x Step Fwd, $\frac{3}{8}$ Turn R, Step L, Together, Cross, $\frac{1}{8}$ Turn L, Step R, Spiral $\frac{3}{4}$ Turn L, Step Lock Step, Sweep	
1-2	Step R forward (1), Step L forward (2)	12:00
3&4	Step R forward (3), Turn $\frac{3}{8}$ R stepping L to L side (&), Step R next to L (4)	4:30
5-6	Cross L over R (5), Turn $\frac{1}{8}$ L stepping R to R side & $\frac{3}{4}$ spiral turn L (weight remains on R) (6)	6:00
7&8	Step L forward (7), Lock R behind L (&), Step L forward sweeping R forward (8)	6:00
9-16	Cross, Step back, Step R, Sweep, Cross, $\frac{1}{4}$ Turn L, 4x Step back, Slide back, Together with Flick	
1&2	Cross R over L (1), Step L back (&), Step R to R side sweeping L forward (2)	6:00
3&4	Step L over R (3), Turn $\frac{1}{4}$ L stepping R back (&), Step L back (4)	3:00
5-6	Step R back (5), Step L back (6)	3:00
7-8	Slide R back (7), Step L next to R flicking R (8)	3:00
17-24	Touch Fwd, Hip Bump, $\frac{1}{2}$ Turn L, Step back, $\frac{1}{2}$ Turn L, Touch Fwd, Hip Bump, 3x Step Fwd, Anchor Step	
1-2	Touch R forward & Hip Bump (1), Turn $\frac{1}{2}$ L stepping R back (2)	9:00
3-4	Turn $\frac{1}{2}$ L touching L forward & Hip Bump (3), Step L forward (4)	3:00
5-6	Step R forward (5), Step L forward (6)	3:00
7&8	Step R behind L (7), Step L in place (&), Step R back (8)	3:00
25-32	$1\frac{1}{4}$ Triple Step Turn L, Cross Rock, Body Roll, $\frac{1}{2}$ R Step Lock Step Turn R, Step L, Touch R	
1&2	Turn $\frac{1}{2}$ L stepping L forward (1), Turn $\frac{1}{2}$ L stepping R next to L (&), Turn $\frac{1}{4}$ L stepping L to L side (2)	12:00
3-4	Cross rock R over L starting Body Roll (3), Recover on L finishing Body Roll (4)	12:00
5&6	Turn $\frac{1}{4}$ R stepping R forward (5), Turn $\frac{1}{8}$ R locking L behind R (&), Turn $\frac{1}{8}$ R stepping R forward (6)	6:00
7-8	Step L to L side (7), Touch R to R side (8)	6:00

Tag	After the 1st Wall	
1-8	2x Step Fwd, Out-Out-In-Cross, Step R, Touch L, Step L, Touch R	
1-2	Step R forward (1), Step L forward (2)	6:00
&3&4	Step R to R side (&), Step L to L side (3), Step R to the center (&), Cross L over R (4)	6:00
5-6	Step R to R side (5), Touch L to L side (6)	6:00
7-8	Step L to L side (7), Touch R to R side (8)	6:00