

# THESE ARE THE DAYS

**SONG:** "THESE ARE THE DAYS" BY SUGARLAND  
**ALBUM:** "ENJOY THE RIDE"  
**ORIGINAL POSITION:** FEET TOGETHER WEIGHT ON LEFT FOOT  
**CHOREGRAPHER:** REE PATTERSON, BRISBANE, QLD. MAY 2010

BEATS	STEPS: This dance is done in TWO directions. Introduction: 32 Beats
	<b>CROSS SAMBA, CROSS SAMBA, ROCK FWD, ROCK BACK, SHUFFLE BACK</b>
1 & 2	CROSS R OVER L, STEP L TO L SIDE, STEP R TO R SIDE
3 & 4	CROSS L OVER R, STEP R TO R SIDE, STEP L TO L SIDE
5, 6	ROCK FWD R, ROCK BACK ON L
7 & 8	SHUFFLE BACK:- R-L-R
	<b>TOUCH BACK, 1/2 TURN, SHUFFLE BACK, TOUCH BACK, 1/2 TURN, SHUFFLE BACK</b>
1, 2	TOUCH L TOE BACK, TURN 180 DEG L (WEIGHT ON R)
3 & 4	SHUFFLE BACK:- L-R-L
5, 6	TOUCH R TOE BACK, TURN 180 DEG R (WEIGHT ON L)
7 & 8	SHUFFLE BACK:- R-L-R
	<b>COASTER, PADDLE, FRONT, SIDE, BEHIND-SIDE-CROSS</b>
1 & 2	COASTER: STEP L BACK, STEP R TOGETHER, STEP L FORWARD
3, 4	PADDLE: STEP R FWD, TURN 90 DEGS L
5, 6	CROSS R OVER L, STEP L TO L SIDE
7 & 8	STEP R BEHIND L, STEP L TO SIDE, CROSS R OVER L
	<b>SIDE ROCK, SIDE ROCK, HINGE 1/2 TURN SIDE SHUFFLE, FRONT, SIDE, 1/4 TURN COASTER</b>
1, 2	STEP L TO L SIDE, ROCK ONTO R
3 & 4	TURNING 180 DEGS L (HINGE) SIDE SHUFFLE TO L SIDE:- L-R-L
5, 6	CROSS R OVER L, STEP L TO L SIDE
7 & 8	COASTER: STEP R BACK 90 DEGS R, STEP L BACK, STEP R FWD
	<b>STEP FWD, 1/2 TURN, 1/2 TURN SHUFFLE, CROSS, POINT, CROSS, POINT</b>
1, 2	STEP L FWD, STEP R BACK TURNING 180 DEGS L
3 & 4 ##	TURN 180 DEGS L SHUFFLE FWD:- L-R-L
5, 6	CROSS R OVER L, POINT L TOE TO L SIDE
7, 8	CROSS L OVER R, POINT R TOE TO R SIDE
	<b>ROCK FWD, ROCK BACK, COASTER, ROCK FWD, ROCK BACK, COASTER</b>
1, 2	ROCK FWD ON R, ROCK BACK ON L
3 & 4	COASTER: STEP R BACK, STEP L TOGETHER, STEP R FORWARD
5, 6	ROCK FWD ON L, ROCK BACK ON R
7 & 8	COASTER: STEP L BACK, STEP R TOGETHER, STEP L FORWARD
	<b>PADDLE, CROSS SHUFFLE, 1/4 TURN, 1/2 TURN, SHUFFLE FWD</b>
1, 2 **	STEP R FWD, TURN 90 DEGS L
3 & 4	CROSS SHUFFLE R OVER L STEPPING:- R-L-R
5, 6	STEP L BACK 90 DEGS R, STEP R BACK 180 DEGS R
7 & 8	SHUFFLE FWD:- L-R-L
	<b>ROCKING CHAIR, PIVOT TURN, FULL TURN</b>
1, 2	ROCK FWD ON R, ROCK BACK ON L
3, 4	ROCK BACK ON R, ROCK FWD ON L
5, 6	STEP R FWD, TURN 180 DEGS L
7, 8	TURN 360 DEGS L STEPPING: R-L (Alternative: Walk Fwd R-L)
64	<b>REPEAT DANCE IN NEW DIRECTION</b>

**TAG:** At the end of WALL 1, Repeat counts 49 to 64 \*\* (last 16 counts) then RESTART facing Back Wall  
**RESTART:** During WALL 3, dance to BEAT 36 ## (!/2 Turn Shuffle Fwd Left) then RESTART facing Back Wall.

**NOTE:** During the song the music stops briefly, just keep dancing during this short break in music.