



Dance: **These Days**  
 Type: 32 Count, 4 Wall, Beginner  
 Choreographer: Gary Lafferty (UK), March 2026  
 Choreographed to: These Days by Tide Lines (151 bpm, 3:14 min)

Intro: Start after count 6, on the word “Always”

<b>Section 1</b>	<b>(Step Lock Step, Brush) x 2</b>	
1,2	On diagonal (1:30) - Step right forward. Lock left behind right	Step, lock
3,4	Step right forward. Brush left	Step, brush
5,6	On diagonal (10:30) - Step left forward. Lock right behind left	Step, lock
7,8	Step left forward. Brush right (12:00)	Step, brush
<b>Section 2</b>	<b>Jazz Box 1/4 Cross, Vine Right Cross</b>	
1-4	Cross right over left. Step left back. Step right 1/4 turn right (3:00). Cross left over right	Cross, back, turn, cross
5,6	Step right to right side. Cross left behind right	Side, behind
7,8	Step right to right side. Cross left over right	Side, cross
<b>Section 3</b>	<b>Side Touch x 2, Modified Toe Touch x 4</b>	
1,2	Step right to right side. Touch left beside right	Side, touch
3,4	Step left to left side. Touch right beside left	Side, touch
5,6	Slide right toe to right side. Slide right toe to touch left	Slide out, in
7,8	Slide right toe to right side. Slide right toe to touch left	Out, in
<b>Section 4</b>	<b>Back Rumba Box Brush</b>	
1-4	Step right to right side. Step left beside right. Step right back. Touch left beside right	Side, close, back, touch
5-8	Step left to left side. Step right beside left. Step left forward. Brush right	Side, close, step, brush
<b>Tag 1</b>	<b>End of Wall 3 (6:00 - add Tag facing 9:00)</b>	
	<b>Rocking Chair</b>	
1-4	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair
<b>Tag 2</b>	<b>End of Wall 9 (12:00 - add Tag facing 3:00)</b>	
	<b>Rocking Chair, Step Pivot 1/2, Brush</b>	
1-4	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair
5-7	Step right forward. Pivot 1/2 turn left (9:00). Brush right	Step, pivot, brush