



## One Of These Days

32 Count, 4 Wall, Improver

Choreographer: Yann Gourvellec (FR) Jan 2018

Choreographed to: These Days by Rudimental, ft. Jess Glynne,  
Macklemore & Dan CaBack

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- Section 1**  
1&2&3-4     **Scuff, Out, Out, Ball Cross, Side, Sailor step, ¼ Sailor step**  
5&6     Scuff R, Step R to R side, Step L to L side, Step R next to L, Cross L over R, Step R to R  
7&8     Cross L behind R, Step R to R, Step L to L  
              Cross R behind L, Step L to L with ¼, Step back on R (09:00)
- Section 2**  
1-2-3&4     **Point, ¼, Touch, Point, Touch, Coaster Step, Step, ¼ Bounce**  
5&6     Point L behind, Step L to L with ¼, Touch R next to L, Point R to R, Touch R next to L  
7&8     Step back on R, Step L next to R, Step R fwd  
              Step L fwd, bending your knees as you make a ¼ to R
- Section 3**  
1&2     **Anchor Step x2, Back x2, Sailor cross ¼**  
3&4     Lock/Rock R behind L, recover fwd on L, Step back on R  
5-6-7&8     Lock/Rock L behind R, recover fwd on R, Step back on L  
              Step back on R, Step back on L, Make ¼ R cross stepping R behind L,  
              Step L to L, Cross Step R over L
- Section 4**  
1-2     **¼ Touch, Hitch, Shuffle fwd, Coaster Step fwd, Coaster step**  
3&4     Touch L next to R with a ¼ to L, Hitch L knee  
5&6     Step L fwd, Step R fwd behind L, Step L fwd  
7&8     Step R fwd, Step L next to R, Step back on R  
              Step back on L, Step R next to L, Step L fwd
- Tag:**     **At the end of the 1st wall**  
              **Rock step & Rock step, Step Back x2, Coaster step**  
1-2&3-4.     **Step R fwd, recover on L, Ball R back next to L, Step L fwd, recover on R**  
5-6     **Step back on L, Step back on R**  
7&8.     **Step back on L, Step R next to L, Step L fwd**
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