



# Remember The Days

Count: 32

Wall: 4

Level: Beginner / Improver

Choreographer: Niels Poulsen (DK): March 2017

Music: High by The Lighthouse Family. Track length: 5.10. Buy on iTunes, etc.

**Intro: 8 counts from when the beat kicks in (app. 39 secs. into track). Start with weight on L foot**

**NOTE: NO TAGS – NO RESTARTS!** □

**[1 – 8] R rock step fwd, R back lock step, L back rock, ¼ R chasse L**

1 – 2	Rock R fwd (1), recover back on L (2)	12:00	
3&4	Step back on R (3), lock L in front of R (&), step back on R (4)	12:00	
5 – 6	Rock back on L (5), recover fwd onto R (6)	12:00	
7&8	Turn ¼ R stepping L to L side (7), step R next to L (&), step L to L side (8)		3:00

**[9 – 16] R back rock, R kick ball cross, R step slide, ball cross, side L**

1 – 2	Rock back on R (1), recover fwd onto L (2) (body opens up naturally to R diagonal)		3:00
3&4	Kick R fwd (3), step R next to L (&), cross L slightly over R (4)	3:00	
5 – 6	Step R a big step to R side (5), slide L towards R (6)	3:00	
&7 – 8	Step L behind R (&), cross R over L (7), step L to L side (8)	3:00	

**[17 – 24] Modified figure 8 vine, chasse ¼ R**

1 – 2	Cross R behind L (1), turn ¼ L stepping L forward (2)	12:00	
3 – 4	Step R fwd (3), turn ½ L stepping onto L (4)	6:00	
5 – 6	Turn ¼ L stepping R to R side (5), cross L behind R (6)	3:00	
7&8	Step R to R side (7), step L next to R (&), turn ¼ R stepping R fwd (8)		6:00

**[25 – 32] L rock step fwd, ¼ L chasse, R jazz box, fwd L**

1 – 2	Rock fwd on L (1), recover back on R (2)	6:00	
3&4	Turn ¼ L stepping L to L side (3), step R next to R (&), step L to L side (4)		3:00
5 – 8	Cross R over L (5), step back on L (6), step R to R side (7), step fwd on L (8)		3:00

**Start again**

**Ending** Wall 13 is your last wall (starts at 12:00). Finish the whole dance (now facing 3:00). Turn ¼ L stepping R to R side and you're now facing 12:00 again -12:00