

# 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**

**Contact: nielsbp@gmail.com**