

A Day And Age



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Choreographed by: Jo Thompson Szymanski (USA) Mar 2023

Choreographed to: Friends For A Day And Age by Nancy Hays

Intro: 12 Counts. Start at approx 7 secs.

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SEC 1	TWINKLE, TWINKLE, STEP, SLOW KICK, BACK TWINKLE
1-3	Step L forward across R, Step R to right, Facing left diagonal step L slightly forward
4-6	Step R forward across L, Step L to left, Facing right diagonal step R slightly forward
1-3	Step L forward toward 1:30, Hitch R knee, Kick R forward (1:30)
4-6	Step R back behind L, Squaring up to 12:00 step L to left, Facing left diagonal step R slightly back
SEC 2	BACK TWINKLE, BEHIND, 1/4 TURN, FORWARD, FORWARD, 1/4 TURN SWEEP, CROSS, SIDE, BEHIND
1-3	Step L back behind R, Squaring up to 12:00 step R to right, Facing right diagonal step L slightly back
4-6	Squaring up to 12:00 step R behind L, Turn ¼ left stepping L forward, Step R forward (9:00)
1-3	Step L forward, Turn ¼ left sweeping R forward over 2 counts) (6:00)
4-6	Step R across L, Step L to left, Step R behind L
Note	Optional full reverse roll turning right on counts 5-6 by doing this:
4-6	Step R across L, Turn ¼ right stepping L back, Turn ½ right stepping R forward (3:00)
Note	Turn ¼ right to face (6:00) stepping L to left on count 1 of the next section (6:00)
SEC 3	SWAY, SWAY, TWINKLE 1/4 TURN, TWINKLE
1-3	Large step L to left with sway allowing R foot to slowly drag in
4-6	Large step R to right with sway allowing L foot to slowly drag in
Note	Tip face body slightly right on count 6 to be ready for the next step
1-3	Step L forward across R, Turn ¼ left stepping R to right, Step L to left (3:00)
4-6	Step R forward across L, Step L to left, Step R to right
SEC 4	CROSS ROCKS X 2, SLOW TURN, TWINKLE
1-3	Cross rock L over R, Recover weight on R, Step L to left
4-6	Cross rock R over L, Recover weight on L, Step R to right
1-3	Turn ¼ right stepping L forward, Slowly pivot ½ right keeping weight on L (12:00)
4-6	Step R forward, Turn ¼ right stepping L to left, Step R in place (3:00)
Option	
Option	
1-3	Cross L over R, Hold 2 counts

