

# Good Old Days

Count: 40

Wand: 4

Ebene: Intermediate

Choreograf/in: Danielle MODICA (FR) - August 2019

Musik: Good Old Days - The Abrams



Intro: 16 count

**[1-8] TRIPLE STEP R, ¼ TURN L, TRIPLE STEP L, ¼ TURN R, TRIPLE STEP R, ¼ TURN L, TRIPLE STEP L,**

- 1&2 RF to the Right (1), LF beside RF (&), RF to the Right (2), 12H
- 3&4 ¼ turn left LF to the left (3), RF beside LF (&) LF to the left (4) 9H
- 5&6 ¼ turn to the right RF to the right (5), LF beside RF (&) RF to the right (6) 6H
- 7&8 ¼ turn left LF to the left (7), RF beside LF (&) LF to the left (8) 3H

**[9-16] HEEL GRIND R ¼ TURN R, COASTER STEP R, HEEL L, HEEL R, SWITCH L R,**

- 1-2 heel grind RF forward (3H) pivot ¼ turn to the right (1), recover BW on the LF (2) (6H)
- 3&4 Step back RF (3), LF beside RF (&), step RF forward (4) 6H
- 5&6 Heel LF forward (5), together LF beside RF (&), heel RF forward (6)
- 7&8 Point LF to the left (7), together LF beside RF (&), point RF to the right (8)

**RESTART here on the 9th wall, start again the dance in front of 6h**

**[17-24] CROSS R, SIDE, ROCK BACK R, HEEL R, BALL CHANGE, CROSS L, SIDE, ROCK BACK L, HEEL L, BALL CHANGE**

- 1-2 Cross RF forward LF (1), LF to the left (2)
- 3&4& RF backward (3), bring back LF beside RF (BWL) (&), heel right fwd (4), bring back RF beside LF and recover BW RF (&)
- 5-6 Cross LF forward RF (5), RF to the right (6)
- 7&8& LF backward (7), bring back RF beside LF BWR (&), heel left fwd (8), put LF and BWL (&)

**[25-32] TOE R, HEEL L, TOE R, HEEL L, STEP R, ¼ TURN L, STEP R, ¼ TURN L**

- 1&2& To the diagonal (4h30) touch right toe behind LF (1), put RF (&), heel Left forward RF (2), put LF forward RF (&) 4H30
- 3&4 Touch right toe behind LF (3), put RF (&), heel Left forward RF (4) 4H30
- 5-6 Step RF (5) (3H), put RF with ¼ turn to the left (6) (12H)
- 7-8 Step RF (7) (12H), put RF with ¼ turn to the left (9H)

**Restart here on the 3rd wall, start again the dance in front of 3h**

**Restart here on the 4th wall, start again the dance in front of 12h**

**[33-40] JAZZ BOX R, STEP LOCK STEP R, STEP LOCK STEP L**

- 1-2 Cross RF forward LF (1), step back LF (2) 9H
- 3-4 RF to the right (3), together LF beside RF (4)
- 5&6 Step RF to the diagonal (5) (10H30), lock LF behind RF (&), step RF (6)
- 7&8 Step LF to the diagonal (7)(7H30), lock RF behind LF (&), step LF (8)

Source : this card is the original. If you have any questions do not hesitate to contact me :  
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