

Those Good Old Days

COPPER KNOB
STEP SHEETS

拍數: 56 牆數: 2 級數: Phrased Intermediate
編舞者: Kevin Formosa (AUS) - December 2017
音樂: Good Old Days (feat. Kesha) - Macklemore : (iTunes)



Intro: 16 Counts - Sequence: ABB ABB ABB TAG A

Part A: 24 counts

[1-8] Back, Back Rock ½ R, Back Rock ¼ L, behind, side, Cross Rock, Side, Cross

1,2&3 Step R back, Step L back, Replace R, ½ R Stepping L back (6.00)
4&5 Step R back, Replace L, ¼ L Stepping R to R side (3.00)
6&7& Step L behind R, Step R to R side, Step L across R, Replace R
8& Step L to L side, Step R across L

[9-16] L Basic, ¾ Spiral L, Full Turn fwd, Pivot ½ L, Spiral Turn R

1,2& Step L to L side, Step R behind L, Replace L
3 Step R to R side and turn ¾ L keeping weight on R (6.00)
4&5 L Stepping L fwd, ½ L Stepping R back, ½ L Stepping L fwd (6.00)
6&7 Step R fwd, Pivot ½ L, Step R fwd (12.00)
8& Step L fwd, Spiral Full turn R weight L (12.00)

[17-24] Fwd, Sweep L, Weave, Sweep R, R Coaster, Rock ½ L, ½ Pivot

1,2&3 Step R fwd Sweeping L from back to front, Step L across R, Step R to R Side, Step L behind
R sweeping R from front to back
4&5 Step R back, Step L beside R, Step R fwd
6&7 Step L fwd, Replace R, ½ L Stepping L fwd (6.00)
8& (1) Step R fwd, Pivot ½ L (12.00)

When going from Part A into Part B replace count 1 with the following:
½ L Stepping R back

Part B: 32 counts

B[1-8] Back, Sweep L, Sailor Steps x2, Behind, Side 1/8

1,2 Step R back, Sweep L from front to back
3&4 Step L behind R, Step R to R side, Step L to L side
5&6 Step R behind L, Step L to L side, Step R to R side
7,8 Step L behind R, Step R to R side turning 1/8 R (1.30)

B[9-16] Pivot ½ R, Shuffle fwd, Full Turn L, Fwd Together

1,2 Step L fwd, Pivot ½ R (7.30)
3&4 Step L fwd, Step R beside L, Step L fwd (shuffle)
5,6 ½ L Stepping R back, ½ L Stepping L fwd (7.30)
7,8 Step R fwd, Step L together

B[17-24] Fwd, Sweep 1/8, Weave R, Side, Weave, ¼ R

1,2 Step R fwd, 1/8 R Sweeping L from back to front (9.00)
3&4 Step L Across R, Step R to R side, Step L behind R
5 Step R to R side
6&7 Step L Across R, Step R to R side, Step L behind R
8 ¼ R Stepping R fwd (12.00)

B[25-32] ½ Pivot, Fwd, Hold, Full Turn L, Fwd Rock

1,2 Step L fwd, Pivot ½ R (6.00)

3&4 Step L fwd, Hold
5,6 ½ L Stepping R back, ½ L Stepping L fwd (6.00)
7,8 Step R fwd, Replace L

Tag: 32 Counts

T [1-8] Back, Coaster Step, ½ Pivot L, ½ Pivot R, ¼ L, Behind, Side

1,2&3 Step R back, Step L back, Step R beside L, Step L fwd
4&5 Step R fwd, Pivot ½ L, Step R fwd (6.00)
6&7 Step L fwd, Pivot ½ R, ¼ R Stepping L to L side (3.00)
8& Step R behind L, Step L to L side

T [9-16] Cross Rock Side x2, ½ Pivot L, Side, Rocking Chair

1,2& Step R across L, Replace L, Step R to R side
3,4& Step L across R, Replace R, Step L to L side
5&6 Step R fwd, Pivot ½ L, ¼ R Stepping R to R side (6.00)
7&8& Step L back, Replace R, Step L fwd, Replace R

(Repeat counts 1-16 on opposite foot)

T [17-24] Back, Coaster Step, ½ Pivot R, ½ Pivot L, ¼ R, Behind, Side

1,2&3 Step L back, Step R back, Step L beside R, Step R fwd
4&5 Step L fwd, Pivot ½ R, Step L fwd (12.00)
6&7 Step R fwd, Pivot ½ L, ¼ L Stepping R to R side (9.00)
8& Step L behind R, Step R to R side

T [25-32] Cross Rock Side x2, ½ Pivot R, Side, Rocking Chair

1,2& Step L across R, Replace R, Step L to L side
3,4& Step R across L, Replace L, Step R to R side
5&6 Step L fwd, Pivot ½ R, ¼ R Stepping L to L side (12.00)
7&8& Step R back, Replace L, Step R fwd, Replace L

KEVIN FORMOSA - 0404 332 112 - formosa_k@hotmail.com
