

Good Old Days

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - August 2020
音樂: Good Old Days - Vion Konger & TMW : (iTunes)



(Intro: 16 counts - dance starts on lyrics)

[S1] Side (Stomp)-Flick, Side, Box 1/4L into Side Mambo

1 2 Step/stomp L to the side, Flick R behind L
3 4 Step R to the side, Cross L over R
5 6 Make a 1/4 turn left stepping back on R, Step L to the side (9:00)
7&8 Rock R to the side, Recover weight on L, Step R together

[S2] Side Mambo, Step-Tap-Shuffle Back (Rock), Fwd-Samba 1/4R

1&2 Rock L to the side, Recover weight on R, Step L together
3 4 Step slightly back on R, Tap L next to R
5&6 Shuffle back L-R-L (prep to go forward)
7&8 Step forward on R, Make a 1/4 turn right stepping L to the side, Recover/step R to the side (12:00)

[S3] Fwd, Fwd, Step-Pivot 1/2R, Monterey 1/2L

1 2 Step forward on L, Step forward on R
3 4 Step forward on L, Make a 1/2 turn right recover weight on R (6:00)
5 6 Point L toe to the side, Make a 1/2 turn left stepping L beside R (12:00)
7 8 Point R toe to the side, Step R next to L

[S4] Paddle Turn, Vaudeville, Touch-Kick, Coaster Step

1 2 Step forward on L, Make a 1/4 turn right recover weight on R (3:00)
3& Cross L over R, Step diagonally back on R & turn body diagonally to the left
4& Touch L heel diagonally forward to the left, Step L beside R
5 6 Touch R next to L, Kick forward on R
7&8 Step back on R, Step L next to R, Step forward on R

[S5] Fwd Rock-1/2L Fwd Rock, Rolling Vine L w/Touch

1 2 Rock forward on L, Recover weight on R
3 4 Make a 1/2 turn left on ball of R foot then rock forward on L, Recover weight on R (9:00)
5 6 Make a 1/4 turn left stepping forward on L, Make a 1/2 turn left stepping back on R
7 8 Make a 1/4 turn left stepping L to the side, Touch R next to L (9:00)

[S6] Pencil 3/4R-Touch, Side Shuffle, Back Rock, Side Shuffle

1 2 Make a 1/4 turn right stepping forward on R followed by a 1/2 pencil turn right on ball of R foot, Touch L next to R (6:00)
3&4 Step L to the side, Step R next to L, Step L to the side
5 6 Rock R behind L, Recover weight on L
7&8 Step R to the side, Step L next to R, Step R to the side

[S7] Back Rock-Side-Sailor 1/4R Fwd, Dorothy-Fwd

1 2 3 Rock L behind R, Recover weight on R, Step L to the side
4&5 Make a 1/4 turn right stepping R behind L, Step L beside R, Step forward on R (9:00)
6 7& Step diagonally forward on L, Lock R behind L, Step forward on L
8 Step forward on R

[S8] Fwd Rock-1/4L, 2x Pivot 1/2L, Side (Stomp)

1 2 3 Rock forward on L, Recover weight on R, Make a 1/4 turn left stepping L to the side (6:00)
4 5 Step forward on R, Make a 1/2 turn left recover weight on L
6 7 8 Step forward on R, Make a 1/2 turn left recover weight on L, Step/stomp R to the side (6:00)

Restart on Wall 3 count 16 (12:00)

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 13/Aug/20)**
