

The Good Old Days

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Gary Lafferty (UK) - October 2020
音樂: Grandpa (Tell Me 'bout the Good Old Days) - Dave Fenley



#32-count intro,

STEP FORWARD, HOLD, ROCK FORWARD, RECOVER, STEP BACK, HOLD, STEP BACK, TOGETHER

- 1-2 Step forward on Right foot, hold
- 3-4 Rock forward on Left foot, recover weight back onto Right foot
- 5-6 Step back on Left foot, hold
- 7-8 Step back on Right foot, step on Left foot beside Right

CROSS, SWEEP, FRONT, SIDE, BEHIND, SWEEP, BEHIND, ¼ TURN

- 1-2 Cross-step Right foot over Left, sweep Left foot around from back to front
- 3-4 Cross-step Left over Right, step to Right on Right foot
- 5-6 Cross-step Left foot behind Right, sweep Right foot around from front to back
- 7-8 Cross-step Right foot behind Left, turn ¼ Left stepping forward onto Left foot

**** RESTART - On wall 5, you will restart the dance from Section 1 facing 9 o'clock wall ****

STEP FORWARD, HOLD, ROCK FORWARD, RECOVER, ½ TURN, HOLD, STEP FORWARD, PIVOT ¼ TURN

- 1-2 Step forward on Right foot, hold
- 3-4 Rock forward on Left foot, recover weight onto Right foot
- 5-6 Turn ½ Left stepping forward onto Left foot, hold
- 7-8 Step forward on Right foot, pivot ¼ turn to Left

CROSS, HOLD, HIP SWAY LEFT-RIGHT-LEFT, HOLD, SAILOR ¼ TURN TO RIGHT

- 1-2 Cross-step Right foot over Left, hold
- 3-4 Step to Left on Left swaying hips to Left, sway hips to Right
- 5-6 Sway hips to Left, hold
- 7-8 Cross-step Right foot behind Left turning ¼ Right, step to Left on Left foot

The sailor step finishes with count 1 of Section 1

START AGAIN