FOR THE GOOD TIMES

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MUSIC: “For the Good Times”, Daniel O’Donnell (From Daniel with Love), Track 11
(available as a download from Amazon)

RHYTHM PHASE: Bolero V
FOOTWORK: Opposite unless otherwise noted
SPEED: Slow to 3-4% or as desired.
SEQUENCE: INTRO A B INTERLUDE A B ENDING

INTRODUCTION

1-2 LOW BFLY WALL WAIT: 2 SLOW ROCKS:
1 [wait] Low BFLY WALL ld ft free wait;
2 [2 sl rks] Side L w/ hip roll, -, sd R w/ hip roll, -;

3-6 START A FAN INTO HOCKEY STICK (LADY SPIRAL); LUNGE BREAK:
3 [fan] Sd & bk L, -, bk R, rec sd L fcg WALL (sd & fwd R, -, fwd L, bk R trng LF);
4 [start hockey stk] Sd R, -, fwd L, bk R (W sm bk L to fan pos, -, cl R, fwd L);
5 [fin hockey stk] Sd L & slightly bk, -, sd & fwd R w/slight RF trn, fwd L DRW
(fwd R [optional spiral LF], -, fwd L, fwd R trng LF ½ und jnd hnds);
6 [lunge brk] Sd & fwd R, -, lower on R extending L sd & slightly bk, rise on R bringing lady fwd
(W sd & bk L, -, bk R contra ck sit line, rec fwd L);

PART A

1-4 LEFT PASS TO HANDSHAKE; ½ MOON; REVERSE UNDARMB TURN:
1 [L pass] CP Sm sd & fwd L trng slightly RF & shaping twd ptr, -, rec R trng LF, sd & fwd L
cont LF trn joining RR hnds to end fcg ptr & COH (W fwd R trng RF w/ bk to ptr, -, sd & fwd L
strong LF trn, bk R);
2-3 [1/2 moon] Sd R, -, ck thr L to sd by sd pos M’s L arm beh W, rec R to fc: Sd & bk L trng LF, -,
bk R w/slipping action, fwd L cont trn to fc WALL (W sd & fwd R, -, fwd L XIF of M trng LF, sm step
sd R);
4 [rev undarm trn] Keeping handshake sd R, -, XLif, rec R to fc WALL (W sd L, -, XIf trng ½ LF und
joined R hnds fwd L cont LF trn to fc ptr);

5-8 BREAK BACK W MAN’S HEADLOOP TO LEFT ½ OPEN; SWITCH & WALK 2X; HIP RKS:
5 [brk bk w/ M’s headloop to left½ OP] Sd L looping joined hnds over M’s head & releasing them to M’s
shoulder, -, brk bk R, rec L to Left ½ OP RLOD;
6-7 [switch & walk 2X] Fwd & sd R trng sharply to ½ OP “V” pos LOD, -, rec fwd L, fwd R; Fwd & sd L
trng sharply to left ½ OP “V” pos RLOD, -, rec fwd R, fwd L;
8 [hip rks] Blending to low BFLY sd R, -, rk L, rec R;

9-12 PREP AIDA; AIDA LINE W/ HIP ROCKS; HORSESHOE TURN ENDING; FORWARD BREAK:
9 [prepare aida] Sd L taking trl arms up & over, -, thru R comm RF trn (LF) sd L cont RF;
10 [aida line w/ hip rks] Bk R to “v” bk to bk pos fcg RLOD, -, rk fwd L sweeping trl hnd fwd,
rec R to aida line;
11 [horseshoe turn ending] Fwd L comm LF (W RF) circle walk, -, fwd R lead W und jnd hnds, fwd L
to fc DLC;
12 [fwd brk] Sd & fwd R, -, fwd L, bk R;

13-16 CHKED RIGHT PASS; M RONDE TO FWD BRK; NAT TOP 3 FC WALL; BREAK BK REC SIDE BFLY:
13 [checked R pass] Fwd & sd L raising L hnd start RF rotation around Lady placing R hnd
on W’s R hip cking her fwd motion, -, XRib of L cont rotation around W, fwd & sd L to W’s L sd
(W fwd R raising R arm as if to comm undarm trn then lower to wrap pos, -, XLIf of R, bk R);
14 [M ronde to fwd brk] Fwd R ronde L ft cont RF trn to fc ptr & wall, -, ck fwd L, rec R
(W sd & bk L, -, bk R, rec L);
15 [nat top 3] Sd & fwd L, -, XRib cont RF trn, sd & fwd L to fc WALL (W fwd R to CP, -, sd L, fwd R
between M’s ft);
16 [brk bk rec sd] Sd R, -, bk L to ½ OP, rec R blending to BFLY;
FOR THE GOOD TIMES

PART B

1-4 LUNGE SD & TWIRL RLOD; NEW YORKER; ½ BASIC/LADY CHEST PUSH AWAY; FWD BRK:
1 \{lunge sd & twrl RLOD\} Lunge sd L ckg, -, raising ld hnds rec R leading W to twrl LF, X Lif
   (W lunge sd R ckg, -, twrl LF L, R);
2 \{new yorker\} Sd R w/ rise, -, thru L to fc RLOD, bk R to fc;
3 \{1/2 basic/lady trn away\} Sd L, -, bk R, strong fwd L following lady (W sd R to slight V pos R hnd
   on M's chest, -, fwl D RW trng ½ LF, sm bk R);
4 \{fwd brk\} Joining ld hnds sd & fwd R, -, fwl L, bk R;

5-8 FENCeline w/ ARMS 2X;; UNDERARM TURN; HIP LIFT TO CP;
5-6 \{fenceline w/ arms 2x\} Blending to BFLY sd L sweeping trailing arms up & over, -, X Rif hnds toward
   LOD, bk L returning to BFLY; Sd R sweeping arms up & over, -, X Lif hnds toward RLOD,
   bk L returning to BFLY;
7 \{undarm trn\} Sd L, -, XRIB lead W to trn RF und ld hnds, fwl L (W trng RF sd & fwl R, -, fwl L cont
   RF trn, rec R to CP);
8 \{hip lift\} Sd R bringing L to R, -, w/ slight pressure lift R hip, lower hip;

9-12 TURNING BASIC;; CROSS BODY TO HNDSHAKE; SHADOW NEW YORKER;
9-10 \{trng basic\} Sd & fwl L w/ slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd & fwl L to
   fc COH; Sd & fwl R, -, fwl L w/ contra ck action, rec R;
11 \{x body\} Sd & bk L trng LF, -, bk R w/ slipping action, cont LF trn fwl L joining R hnds
   (W sd & fwl R, -, fwl L XIF of M trng LF, sm step sd R);
12 \{shad NY\} Sd R w/ rise, -, thru L to fc RLOD, bk R to fc;

13-16 PARALLEL CROSS BODY 2X INTO A FACING FAN;;; OPEN BREAK;
13-14 \{parallel X body 2x\} Keeping handshake sd L, -, bk R to fc LOD leading lady to Xif, rec L in slight L pos
   fcl LOD (W sd R, -, fwl L crossing IF of man, sd & bk R fwl DLC trng ½ LF to fc WALL); Fwl R, -, 
   fwl L crossing IF of woman, sd & bk R fwl DLC trng ½ LF to fc Wall (W sd L LOD leading M fwl, -, 
   slip bk R to fc LOD, rec L to slight L pos);
15 \{into fcl fan\} Keeping handshake sd L, -, rk bk R to fc LOD leading lady LOD changing hnds, rec fwl
   L to LOP LOD (W fwd R, -, fwl L trng LF, bk R to fc RLOD);
16 \{op brk\} Sd R, -, bk L, rec R;

INTERLUDE

1-2 RIGHT PASS TO LOW BFLY WALL; HIP ROCKS:
1 \{R pass\} Fwd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF fwl L to fc WALL
   (W fwd R look at ptr thru window, -, fwl L trng LF, bk R trng LF und jnd hnds to fc COH);
2 \{hip rks\} Sd R roll hip sd & bk, -, rec L w/ hip roll, rec R w/ hip roll to low BFLY;

3-6 START A FAN INTO HOCKEY STICK (LADY SPIRAL);;;; LUNGE BREAK:
3 \{fan\} Sd L, -, bk R, rec sd L fcl WALL (W sd & fwd R, -, fwl L, bk R trng LF);
4 \{start hockey stk\} Sd R, -, fwl L, bk R (W sm bk L to fan pos, -, cl R, fwl L);
5 \{fin hockey stk\} Sd L & slightly bk, -, sd & fwl R w/slight RF trn, fwl L DRW
   (W fwd R [optional spiral LF], -, fwl L, fwl R trng LF ½ und jnd hnds);
6 \{lunge brk\} Sd & fwl R, -, lower on R extending L sd & slightly bk, rise on R bringing lady fwl
   (W sd & bk L, -, bk R contra ck sit line, rec fwd L);

REPEAT PART A
REPEAT PART B

ENDING

1-3 R PASS BLENDING TO CP WALL; SYNCOPATED HIP ROCKS (S&QQ) TO A RIGHT LUNGE;
1 \{R pass\} Fwd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF fwl L to fc WALL
   blending to CP(fwd R look at ptr thru window, -, fwl L trng LF, bk R trng LF und jnd hnds to fc
   COH);
2 \{sync hip rks\} Sd R, -, rec L/rec R, rec L;
3 \{R lunge\} Sd & fwl R to R lunge, -, and hold, -;
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<th>A</th>
<th>LEFT PASS HANDSHAKE</th>
<th>1/2 MOON FC WALL</th>
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<td>BACK BREAK MAN HEAD LOOP</td>
<td>REVERSE UNDERARM TURN</td>
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<td>SWITCH &amp; WALK 2 TO BFLY</td>
<td>SWITCH &amp; WALK 2 LOD</td>
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<td>AIDA</td>
<td>AIDA LINE &amp; HIP ROCKS</td>
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<td>HORSESHOE END</td>
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<td>CHECKED RIGHT PASS</td>
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<td>NATURAL TOP FC WALL</td>
<td>BREAK TO BFLY</td>
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<td>B</td>
<td>LUNGE SIDE &amp; TWIRL RLOD</td>
<td>NEW YORKER</td>
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<td>1/2 BASIC LADY TURN AWAY</td>
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<td>FENCE LINES WITH ARMS</td>
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<td>UNDERARM TURN</td>
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<td>TURNING BASIC FC COH</td>
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<td>CROSS BODY TO HANDSHAKE</td>
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<td>END</td>
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<td>SYNC HIP ROCKS</td>
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FOR THE GOOD TIMES (GLOODT) 6658
(LOW BFLY WALL LEAD FOOT FREE)
(SLOW 3-4%)