FOR THE GOOD TIMES

CHOREO: Karen and Ed Gloodt, 300 Beaumont, Ardmore, OK 73401
Email: egloodt@netscape.net 580-226-0445 or 480-677-0666
web site: gloodts-letsdance.com

MUSIC: “For the Good Times”, Daniel O’Donnell (From Daniel with Love), Track 11, 3:43 as downloaded (available as a download from Amazon)

RHYTHM/PHASE: Bolero V (average difficulty)

FOOTWORK: Opposite unless otherwise noted

SPEED: Slow to 2-3% if 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 feg 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 ckt line, rec fwd L);

PART A

1-4  LEFT PASS TO HANDSHAKE; ½ MOON;; REVERSE UNDERARM 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 feg 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 thru L to sd by sd pos M’s L arm beh W, rec R to fc: Sd & bk L trng LF, -, bk R w/slip 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, -, XIf, 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 2 2X;; HIP RKs;
5  {brk bk w/ M’s headloop to left ½ 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 2 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 RKs; 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} Br R to “v” bk to bk pos feg 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  CHKD RIGHT PASS: M RONDE TO FWD BRK; NAT TOP 3 FC WALL; SD RLOD BREAK BK REC;
13  {checked R pass} Fwd & sd L raising L hnd trng RF to fc lady commencing rotation around Lady placing R hnd on W’s R hip cking her fwd motion, -, XIf of L cont rotation around W, fwd & sd L to W’s L sd lowering jnd hnds to wrap pos (W fwd R raising R arm as if to comm undarm trn, -, XIf of R, bk R);
14  {M ronde to fwd brk} Fwd R ronde L ft cont RF trn to fc ptr & COH, -, ck fwd L, rec R (W sd & bk L, -, bk R, rec L);
15  {nat top 3} Sd & fwd L, -, XIf cont RF trn, sd & fwd L to fc WALL (W fwd R to CP, -, sd L, fwd R between M’s ft);
16  {sd RLOD brk bk rec} Sd R, -, bk L to ½OP, rec R;
PART B

1-4 LUNGE SD & TWIRL RLOD; NEW YORKER; ½ BASIC/LADY CHEST PUSH AWAY; FWDBRK:

1 {lunge sd & twrl RLOD} Blending to BFLY lunge sd L ckg, -, raising ld hnds rec R leading W to twrl LF, XLif (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, -, fwd L DRW trng ½ LF, sm bk R);

4 {fwdbk} Joining ld hnds sd & fwd R, -, fwd 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, -, XRif hnds toward LOD, bk L returning to BFLY; Sd R sweeping arms up & over, -, XLif hnds toward RLOD, bk L returning to BFLY;

6 {undarm trn} Sd L, -, XRIB lead W to trn RF und ld hnds, fwd L (W trng RF sd & fwd R, -, fwd L cont RF trn, rec R to CP);

7 {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 & fwd L w/ slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd & fwd L to fc COH; Sd & fwd R, -, fwd L w/ contra ck action, rec R;

11 {x body} Sd & bk L trng LF, -, bk R w/ slipping action, cont LF trn fwd L joining R hnds (W sd & fwd R, -, fwd 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 fcg LOD (W sd R, -, fwd L crossing IF of man, sd & bk R twd DLC trng ½ LF to fc WALL); Fwd R, -, fwd L crossing IF of woman, sd & bk R twd DLC trng ½ LF to fc Wall (W sd L LOD leading M fwd, -, slip bk R to fc LOD, rec L to slight L pos);

15 {into fcg fan} Keeping handshake sd L, -, rk bk R to fc LOD leading lady LOD changing hnds, rec fwd L to LOD (W fwd R, -, fwd 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 fwd L to fc WALL. (W fwd R look at ptr thru window, -, fwd 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 fcg WALL (W 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, -, el R, fwd L);

5 {fin hockey stk} Sd L & slightly bk, -, sd & fwd R w/slight RF trn, fwd L DRW (W 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);

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 fwd L to fc WALL blending to CP(fwd R look at ptr thru window, -, fwd L trn 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 & fwd R on soft knee look R (W look well L), -, hold, -;