

4204

RECEIVED  
AUG - 2001

# "Good Old Days"

Choreographers: Irv & Betty Easterday, 18723 Dover Dr, Hagerstown MD 21742  
Phone: 301-733-0960 / email: Roundarama@aol.com  
Music: SMASH 2010 "Good Old Days" Roger Miller  
Rhythm: Two Step, Quickstep, Jive Phase III+2 (Otr Trn, Prog Chasse)  
Sequence: **INTRO A B C A B C END** Tempo: 45 rpm Sept. 2001



## MEAS

1-4  
SSSS

## INTRO

### OP LOD WAIT 2;; CHARLESTON PTS;

1-4 1/2 OP LOD wait 2 meas;; Fwd L,-, pt R fwd, -; bk R, -, pt L bk, -;

## PART A (TWO STEP)

1-4

### 2 FWD TWO STEPS;; SLO OPEN VINE;;

1-4 Blend to SCP ptrs fac LOD fwd L, cl R, L,-; R, cl L, R,-; release M's R & W's L hds sd L, -, XRIB (W XLIB) to LOP RLOD, -; sd L fc ptr,-, XRIF (W XLIF) to CP WALL,-;

5-8

### 2 RF TRNG TWO STEPS;; WALK 2 (W TWIRL); WALK 2;

5-8 CP WALL sd L, cl R, bk L trng RF end fc COH,-; sd R, cl L, fwd R trng RF end CP WALL, -; SCP walk fwd L,-, R (W RF twl under jnd lead hds R, -, L,-); SCP fwd L,-, R,-;

9-12

### SLO LIMP FRONT 4 TIMES;;

9-12 Blend BFLY sd L,-, XRIF (W XIF also),-; REPEAT MEAS 9 three times ;;;

13-16

### SCIS THRU LOP; SCIS THRU CP; FWD,- MANUV,-; SLO PIVOT 2;

13-16 BFLY WALL sd L, cl R, release M's R & W's L hds XLIF of R (W XRIF of L) end LOP fac RLOD,-; trn LF to fac ptr sd R, cl L to CP, XRIF of L (W XLIF) SCP LOD,-; Fwd L,-, fwd R trn 1/2 RF end CP RLOD,-; Pivot RF bk L,-, conti trn fwd R CP LOD,-;

## PART B (QUICKSTEP)

1-4

### OTR TRN - PROG CHASSE;;

1-4 CP LOD fwd L, -, fwd R trng RF CP fac WALL,-; cont trn sd L, cl R fac WALL, sd & bk L DLC,-; bk R comm LF trn,-, sd L, cl R; sd & fwd L, -, fwd R BJO DLW,-;

5-8

### FWD, LK, FWD,-; MANUV, SD, CL; SLO SPIN TRN & CHK BK;

5-8 BJO DLW fwd L, lk RIB of L (W lk LIF), fwd L,-; BJO DLW fwd R trng 1/2 RF,-, sd L, cl R to L end CP RLOD; Comm RF trn bk R pivot 1/2,-; cont trn fwd R between W's ft leave L leg extd bk & sd end CP LOD, -; sd & bk L, -, chk bk R CP LOD,-;

9-12

### CHARLESTON PTS 4 TIMES;;

9-12 CP LOD fwd L, -, pt fwd R, -; bk R, -, pt bk L, -; REPEAT MEAS 9 & 10;;

13-16

### SLO WALK CHK,-; WHALETAIL;; SLO WALK - FC;

13-16 CP LOD fwd L, - trn LF chk fwd R to BJO, -; XRIB of L, comm RF body trn sd R, fwd L, lk RIB of L; sd L, cl R, XRIB of L, sd R; fwd L,-, fwd R trn 1/4 RF end SCP LOD,-;

## PART C (SINGLE SWING OOSS)

1-8

### SLO RK THE BOAT 2 TIMES;; THROWAWAY - CHG HDS BEHD BK TWICE - CHG PLCSL TOR;;

1-8 SCP LOD fwd L straight knee lean fwd, - cl R to L relax knees lean bk, -; REPEAT MEAS 1; [THROWAWAY] SCP rk bk, rec R, sd L, -; release M's R & W's L hdhld sd R (W sd & bk L) end LOP M fc ptr & LOD, {CHG BHD BK} rk apt L, rec R; fwd L trn 1/4 LF chg to R/R hdhld behd M's bk (W fwd R trn 1/4 RF), cont LF trn sd & bk R (W cont trn sd & bk L) end LOP M fc ptr & RLOD; {CHG BHD BK} rk apt L, rec R fwd L trn 1/4 LF chg to R/R hdhld behd M's bk (W fwd R trn 1/4 RF); cont LF trn sd & bk R (W cont trn sd & bk L) end LOP M fc ptr & LOD, [CHG PLCS L TO R] rk apt L, rec R, -; sd L (W fwd R trng 3/4 LF under jnd hds), -; sd R end LOP fc ptr & WALL,-;

9-12

### SLO HIP BUMPS 2 TIMES;;

9-12 LOP fc ptr & WALL step fwd L twd ptr trng RF (W fwd R trng LF) bump M's L & W's R hips tog, -, pt M's R fwd twd COH & W's L fwd twd WALL,-; BK-TO-BK fwd R trng LF (W fwd L trng RF) to fc ptr & wall,-, pt M's L ft & W's R fwd twd ptr, -; REPEAT MEAS 9 & 10;;

13-16

### SD,CL,SD,CL; WALK 2; SD,CL,SD,CL; WALK 2;

13-16 Blend CP WALL sd L, cl R, sd L, sl R; SCP walk L,-, R,-; REPEAT MEAS 13 & 14;;

## END

1

### APT,-,PT,-;

1 SCP LOD apt L,-, pt R twd ptr,-;

PALOMINO RECORDS, INC.  
1404 WEAVERS RUN RD.  
WEST POINT, KY 40177  
800-328-3800