

Good Old Days

Count: 32

Wall: 4

Level: Improver

Choreographer: Jamie Barnfield (UK) - January 2025

Music: good old days - Henry Moodie : (Good Old Days EP)

Available on iTunes, Amazon & Spotify

Intro: 8 counts (No Tags or Re-starts!)

S1: STEP, LOCK, & HEEL & CROSS, SIDE, BEHIND, 1/4, PIVOT 1/2, KICK

1-2& Step forward on Right to Right diagonal, cross Left behind Right, step forward on Right
3&4 Tap Left heel to Left diagonal, close Left next Right, cross Right over Left
5-6& Step Left to Left side, cross Right behind Left, turn 1/4 Left stepping forward on Left
7-8 Step forward on Right, pivot 1/2 Left keeping weight on Right kicking Left forward

S2: ROCK, RECOVER, WALK LEFT, RIGHT, ROCK, RECOVER, BACK 1/4 CROSS

1-2 Rock back on Left, recover on Right
(Counts 1-2: There is a strong beat as you rock back, so pop your Right knee as you rock for extra!)
3-4 Step forward on Left, step forward on Right
5-6 Rock forward on Left, Recover on Right
7&8 Step back on Left, turn 1/4 Right stepping Right to Right side, cross Left over Right

S3: RIGHT SIDE DOROTHY, LEFT SIDE DOROTHY, SIDE, BEHIND, 1/4 WALK WALK

1-2& Step Right to Right side, cross left behind Right, Step Right to Right side
3-4& Step Left to Left side, cross Right behind Left, step Left to Left side
5-6& Step Right to Right side, cross Left behind Right, turn 1/4 Right stepping forward on Right
7-8 Step forward on Left, step forward on Right

S4: MAMBO STEP, ROCK, RECOVER, PIVOT 1/2, FULL TURN

1&2 Rock forward on Left, recover on Right, small step back on Left
3-4 Rock back on Right, recover on Left
5-6 Step forward on Right, pivot 1/2 Left (weight on Left)
7-8 1/2 turn Left stepping back on Right, 1/2 Left stepping forward on Left

(Non turning option for count 7-8: Walk forward Right, walk forward Left)

ENDING: The dance finishes perfectly on the front wall after the second Rotation, simple step forward at the end of the dance on your Right for your Ta-Dah! Moment