

# Those Good Old Days

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**Count:** 56      **Wall:** 2      **Level:** Phrased Intermediate

**Choreographer:** Kevin Formosa (December 2017) v2.0

**Music:** Good Old Days by Macklemore ft. Kesha (4.01 - iTunes)

## **Intro: 16 Counts - Sequence: ABB ABB ABB TAG A**

### **Part A: 24 counts**

#### **[1-8] Back, Back Rock $\frac{1}{2}$ R, Back Rock $\frac{1}{4}$ L, behind, side, Cross Rock, Side, Cross**

**1,2&3**      Step R back, Step L back, Replace R,  $\frac{1}{2}$  R Stepping L back (6.00)

**4&5**      Step R back, Replace L,  $\frac{1}{4}$  L Stepping R to R side (3.00)

**6&7&**      Step L behind R, Step R to R side, Step L across R, Replace R

**8&**      Step L to L side, Step R across L

#### **[9-16] L Basic, $\frac{3}{4}$ Spiral L, Full Turn fwd, Pivot $\frac{1}{2}$ L, Spiral Turn R**

**1,2&**      Step L to L side, Step R behind L, Replace L

**3**      Step R to R side and turn  $\frac{3}{4}$  L keeping weight on R (6.00)

#### **4&5L Stepping L fwd, $\frac{1}{2}$ L Stepping R back, $\frac{1}{2}$ L Stepping L fwd (6.00)**

**6&7**      Step R fwd, Pivot  $\frac{1}{2}$  L, Step R fwd (12.00)

**8&**      Step L fwd, Spiral Full turn R weight L (12.00)

#### **[17-24] Fwd, Sweep L, Weave, Sweep R, R Coaster, Rock $\frac{1}{2}$ L, $\frac{1}{2}$ Pivot**

**1,2&3**      Step R fwd Sweeping L from back to front, Step L across R, Step R to R Side, Step L behind R sweeping R from front to back

**4&5**      Step R back, Step L beside R, Step R fwd

**6&7**      Step L fwd, Replace R,  $\frac{1}{2}$  L Stepping L fwd (6.00)

#### **8&(1) Step R fwd, Pivot $\frac{1}{2}$ L (12.00)**

**When going from Part A into Part B replace count 1 with the following:**

**$\frac{1}{2}$  L Stepping R back**

### **Part B: 32 counts**

### **B[1-8] Back, Sweep L, Sailor Steps x2, Behind, Side 1/8**

- 1,2 Step R back, Sweep L from front to back  
3&4 Step L behind R, Step R to R side, Step L to L side  
5&6 Step R behind L, Step L to L side, Step R to R side  
7,8 Step L behind R, Step R to R side turning 1/8 R (1.30)

### **B[9-16] Pivot 1/2 R, Shuffle fwd, Full Turn L, Fwd Together**

- 1,2 Step L fwd, Pivot 1/2 R (7.30)  
3&4 Step L fwd, Step R beside L, Step L fwd (shuffle)

### **5,6 1/2 L Stepping R back, 1/2 L Stepping L fwd (7.30)**

- 7,8 Step R fwd, Step L together

### **B[17-24] Fwd, Sweep 1/8, Weave R, Side, Weave, 1/4 R**

- 1,2 Step R fwd, 1/8 R Sweeping L from back to front (9.00)  
3&4 Step L Across R, Step R to R side, Step L behind R  
5 Step R to R side  
6&7 Step L Across R, Step R to R side, Step L behind R

### **8 1/4 R Stepping R fwd (12.00)**

### **B[25-32] 1/2 Pivot, Fwd, Hold, Full Turn L, Fwd Rock**

- 1,2 Step L fwd, Pivot 1/2 R (6.00)  
3&4 Step L fwd, Hold

### **5,6 1/2 L Stepping R back, 1/2 L Stepping L fwd (6.00)**

- 7,8 Step R fwd, Replace L

### **Tag: 32 Counts**

### **T [1-8] Back, Coaster Step, 1/2 Pivot L, 1/2 Pivot R, 1/4 L, Behind, Side**

- 1,2&3 Step R back, Step L back, Step R beside L, Step L fwd  
4&5 Step R fwd, Pivot 1/2 L, Step R fwd (6.00)  
6&7 Step L fwd, Pivot 1/2 R, 1/4 R Stepping L to L side (3.00)  
8& Step R behind L, Step L to L side

### **T [9-16] Cross Rock Side x2, ½ Pivot L, Side, Rocking Chair**

- 1,2&** Step R across L, Replace L, Step R to R side  
**3,4&** Step L across R, Replace R, Step L to L side  
**5&6** Step R fwd, Pivot ½ L, ¼ R Stepping R to R side (6.00)  
**7&8&** Step L back, Replace R, Step L fwd, Replace R

**(Repeat counts 1-16 on opposite foot)**

### **T [17-24] Back, Coaster Step, ½ Pivot R, ½ Pivot L, ¼ R, Behind, Side**

- 1,2&3** Step L back, Step R back, Step L beside R, Step R fwd  
**4&5** Step L fwd, Pivot ½ R, Step L fwd (12.00)  
**6&7** Step R fwd, Pivot ½ L, ¼ L Stepping R to R side (9.00)  
**8&** Step L behind R, Step R to R side

### **T [25-32] Cross Rock Side x2, ½ Pivot R, Side, Rocking Chair**

- 1,2&** Step L across R, Replace R, Step L to L side  
**3,4&** Step R across L, Replace L, Step R to R side  
**5&6** Step L fwd, Pivot ½ R, ¼ R Stepping L to L side (12.00)  
**7&8&** Step R back, Replace L, Step R fwd, Replace L

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