

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

INTRODUCTION1-2 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 A1-4 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 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 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/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, -, XRif 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 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 CHKD 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 ½OP, rec R blending to BFLY;

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, 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 *{fwd brk}* 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;
 - 7 *{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);
 - 8 *{hip lift}* Sd R bringing L to R, -, w/ slight pressure lift R hip, lower hip;
- 9-12 TURNING BASIC;; CROSS BODY TO HND SHAKE; 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 ¼ 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 LOP 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, -, cl 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);
- s&qq
- 2 *{sync hip rks}* Sd R, -, rec L/rec R, rec L;
 - 3 *{R lunge}* Sd & fwd R to R lunge, -, and hold, -;

ABI AB

	WAIT FAN ----	SLOW ROCKS HOCKEY STICK WITH SPIRAL LUNGE BREAK
A	LEFT PASS HANDSHAKE ---- BACK BREAK MAN HEAD LOOP SWITCH & WALK 2 TO BFLY AIDA HORSESHOE END CHECKED RIGHT PASS NATURAL TOP FC WALL	1/2 MOON FC WALL REVERSE UNDERARM TURN SWITCH & WALK 2 LOD HIP ROCKS AIDA LINE & HIP ROCKS FWD BREAK ---- BREAK TO BFLY
B	LUNGE SIDE & TWIRL RLOD 1/2 BASIC LADY TURN AWAY FENCE LINES WITH ARMS UNDERARM TURN TURNING BASIC FC COH CROSS BODY TO HANDSHAKE PARALLEL CROSS BODY FACING FAN	NEW YORKER FWD BREAK ---- HIP LIFT ---- SHADOW NEW YORKER ---- OPEN BREAK
I	RIGHT PASS FC WALL FAN ----	HIP ROCKS HOCKEY STICK WITH SPIRAL LUNGE BREAK
END	RIGHT PASS FC WALL RIGHT LUNGE	SYNC HIP ROCKS

FOR THE GOOD TIMES (GLOODT) 6658
(LOW BFLY WALL LEAD FOOT FREE)
(SLOW 3-4%)