

THE GOOD OLD DAYS

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Music: "Grandpa" Artist: Danielle Bradbery Album: The Voice Performance
Season 4 Track 7 Available as MP3 download from Amazon
Time/Speed: Time @ Download: 3:23 Speed 26 MPM Slow 4% to 25 MPM or as desired
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Rhythm/Phase: Bolero Phase V+2+1 (Checked Right Pass, Full Moon) (Fallaway Ronde and Slip)
Sequence: INTRO A B INTLD A B ENDING **Difficulty:** Average **Released:** June 2018

INTRODUCTION

1-4 **NOTES AND WAIT 1; CONTRA BREAK; CROSS BODY; SHADOW BREAK;**

- 1 {Hndshk M fcg wall trail ft free wait 1} Notes & wait,,; **Note:** Keep the hndshk thru shdw brk
- 2 {Contra Brk} Sd & fwd R, -, w/ cbm fwd L, rec R; (Sd & bk L, -, w/ cbm bk R, rec L;)
- 3 {X Bdy} Trn sd & bk L, -, trn & bk R, fwd L; (Fwd R, -, trn & fwd L, bk R;)
- 4 {Shdw Brk} Sd R trn, -, bk L, fwd R fc rev;

5-8 **UNDERARM TURN; NEW YORKER; TURNING BASIC;;**

- 5 {Undrm Trn} [Chg hnds] Trn sd L, -, xRib, fwd L; (Fwd & sd R, -, xLif trn, fwd trn R;)
- 6 {Ny} Sd R trn, -, fwd L, bk R;
- 7-8 {Trng Bas} Sd L, -, bk R trn, fwd L trn; sd R, -, fwd L, bk R;
(Sd R, -, fwd L trn, bk R trn; sd L, -, bk R, fwd L;)

PART A

1-4 **½ BASIC; FORWARD BREAK; CHECKED RIGHT PASS; MAN SWIVEL TO FORWARD BREAK;**

- 1 {½ Bas} Sd L, -, bk R, fwd L;
- 2 {Fwd Brk} Sd & fwd R, -, fwd L, bk R;
- 3 {Ckd R Pass} Fwd & sd L trn, -, trn XRib, trn sd & fwd L; (fwd R, -, fwd & XLif, bk R;)
- 4 {M Swvl to Fwd Brk} Fwd R swvl RF ½, -, fwd L, bk R; (sd & bk L, -, bk R, fwd L;)

5-8 **CROSS BODY; HORSESHOE TURN BUTTERFLY;; BREAK BACK LADY HEAD LOOP;**

- 5 {X Bdy} Trn sd & bk L, -, trn & bk R, fwd L; (Fwd R, -, trn & fwd L, bk R;)
- 6-7 {Horseshoe Trn BFLY} Sd & fwd R, -, fwd L, bk R; fwd L trn, -, fwd R trn, fwd L trn BFLY;
(Sd & fwd L, -, fwd R, bk L; fwd R trn, -, fwd L trn, fwd R trn BFLY;)
- 8 {Brk Bk Ldy Head Loop} Sd R, -, swvl bk L drape trail hnds ovr ldy's head, fwd R;

9-12 **UNDERARM TURN TO STACKED HANDS; OPEN BREAK; CHANGE SIDES UNDER STACKED HANDS; NEW YORKER;**

- 9 {Undrm Trn to Stacked Hnds} Keep & raise dbl hnd hld ovr ldy's head fwd L trn, -, XRib, fwd L;
(Fwd R, -, XLif trn, fwd R trn;)
- 10 {Op Brk} Keep dbl hnd hld sd & fwd R, -, apt L, fwd R; (Sd & bk L, -, apt R, fwd L;)
- 11 {Chg Sds Undr Stacked Hnds} Raise hnds ovr ldy's head fwd L trn RF, -, sd R, XLif BFLY;
(Fwd R trn LF, -, Sd L, XRif BFLY;)
- 12 {Ny} Sd R trn, -, fwd L, bk R trn;

13-16 **UNDERARM TURN SHAKE HANDS; HALF MOON;; OPEN BREAK TO BUTTERFLY;**

- 13 {Undrm Trn Shake Hnds} Sd L, -, XRib, fwd L; (Sd R, -, XLif trn, fwd R trn;)
- 14-15 {Half Moon} Sd R trn, -, fwd L, bk R trn; trn sd & fwd L, -, trn & bk R, fwd & trn L BFLY;
(Sd & trn L, -, fwd R, bk L trn; trn sd & fwd R, -, trn & fwd L, bk R trn;)
- 16 {Op Brk BFLY} Sd & fwd R, -, apt L, fwd R BFLY; (Sd & bk L, -, apt R, fwd L;)

PART B**1-4 BACK SHOULDER TO SHOULDER AND SHAKE HANDS; OPEN BREAK TO SHADOW REVERSE; 2 SWEETHEARTS AND JOIN RIGHT HANDS;;**

- 1 {Bk Shldr to Shldr Shake Hnds} Sd L, -, XRib, fwd L shake hnds; (Sd R, -, XLif, bk R;)
 2 {Op Brk SHDW RLOD} Sd & fwd R, -, apt L, fwd R trn SHDW rev;
 (Sd & bk L, -, apt R, fwd L trn fc rev;)
 3-4 {2 Swhrt} Sd L, -, fwd R, rec L; sd R, -, fwd L, rec R jn rt hnds;
 (Sd R, -, bk L, rec R; sd L, -, bk R, rec L;)

5-8 SWIVEL THE LADY SYNCOPATED SPIN TO; FAN AND HOCKEY STICK;; NEW YORKER;

- 5 {Swvl Ldy Sync Spn} Trn sd & bk L, -, bk R, rec L;
 SQ&Q& (Fwd R swvl RF, -, sync spn LF LOD L/R, L/R fc rev;)
 6-7 {Fan & Hky Stk} Sd R, -, ck fwd L, rec R; cl L, -, bk R, rec L;
 (Bk L, -, cl R, fwd L; fwd R, -; fwd L, fwd trn R;)
 8 {NY} Sd R, -, fwd L, bk R to fc;

9-12 CROSS BODY; OPEN BREAK; CHECKED RIGHT PASS; MAN SWIVEL TO FORWARD BREAK;

- 9 {X Bdy} Trn sd & bk L, -, trn bk R, fwd L; (fwd R, -, trn fwd L, bk R;)
 10 {Op Brk} Sd & fwd R, -, apt L, fwd R; (Sd & bk L, -, apt R, fwd L;)
 11 {Ckd R Pass} Fwd & sd L trn, -, trn XRib, trn sd & fwd L; (Fwd R, -, fwd & XLif, bk R;)
 12 {M Swvl to Fwd Brk} Fwd R swvl RF 1/2, -, fwd L, bk R; (Sd & bk L, -, bk R, fwd L;)

13-16 CUDDLE TWICE;; CROSS BODY AND SHAKE HANDS; CONTRA BREAK;

- 13-14 {Cuddle 2Xs} Sd L, -, sd R, rec L; cl R, -, sd L, rec R;
 (Sd R, -, trn bk L, rec trn R; sd L, -, trn bk R, rec trn L;)
 15 {X Bdy Shke Hnds} Trn sd & bk L, -, trn bk R, fwd L shk hnds; (Fwd R, -, trn & fwd L, bk R;)
 16 {Contra Brk} Sd & fwd R, -, w/ cbm fwd L, rec R; (Sd & bk L, -, w/ cbm bk R, rec L;)

INTERLUDE**1-4 FULL MOON;;;;**

- 1-4 {Full Moon Hnd Shake} Sd & fwd trn L, -, trn bk R, fwd L; fwd trn R, -, fwd L ckg, bk R;
 sd & fwd trn L, -, trn bk R, fwd L; fwd trn R, -, fwd L ckg, bk R;
 (Trn sd & fwd R, -, fwd L, fwd R sprl LF 7/8; trn fwd L, -, fwd R ckg, bk trn L; fwd R trng, -,
 fwd L, fwd R sprl LF 7/8; trn fwd L, -, fwd R ckg, bk trn L;)

REPEAT A**REPEAT B****ENDING****1-4 1/2 BASIC; FALLAWAY RONDE AND SLIP; TURN LEFT AND FORWARD TO LEFT OPEN; FORWARD LADY SPIRAL AND WALK 2;**

- 1 {1/2 Bas} Sd L, -, bk R, fwd L CP;
 2 {Falwy Ronde Slp} Sd R ronde L CCW, -, bk L, slp bk R CP LOD;
 (Sd L ronde R CW, -, bk trn R, slp fwd L CP;)
 3 {Trn L} Fwd L trn LF fc COH, -, sd & fwd R LOP LOD, -;
 4 {Fwd ldy sprl wk 2} Fwd L, -, fwd R, fwd L; (Fwd R sprl LF 7/8, -, fwd L, fwd R;)

5-6 FORWARD TURN; BACK TO AIDA LINE WITH ARM SWEEP;

- 5 {Fwd Trn;} Fwd R, -, trn in LF 1/2 FCG RLOD. -; (Fwd L, -, trn in RF 1/2 FCG RLOD, -;)
 6 {Bk to Aida Line} Bk L to aida line, -, with trail hnds jnd slowly sweep free arms up & bk, -;