

# THOSE GOOD OLD DREAMS

**Music:** The Carpenters  
[www.amazon.com/those-good-old-dreams](http://www.amazon.com/those-good-old-dreams)  
Music adapted by jos & Available from choreographer

**Rhythm:** Two Step & Cha Cha & Rumba **Phase: IV**

**Footwork:** Opposite except where (Noted)

Release Date: Sept 17

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**Sequence:** INTRO AB C INTRO (9-12) BRIDGE AB C(1-8) END



## INTRO TWO STEP

### 01-04 OP LOD LEAD FOOT FREE NO HANDHOLD WAIT 4 MEASURES ; ; ; ;

{Wait} OP LOD lead foot free no handhold wt 4 meas ; ; ; ;

### 05-08 VINE 3 APART ; CROSS CHECK & RECOVER ; VINE 3 to BFLY ; TWIRL/VINE 2 ;

{Vine 3 Apart} OP LOD Sd L, XRib, sd L, -; {Cross Check & Rec} XRif trng away from ptr, -, rec L, -; {Vine 3 to BFLY} Sd R, XLib, sd R trng RF (W LF) to BFLY WALL, -; {Twirl/Vine 2} [SS] Raising jnd Id hnds sd L, -, XRib (W twrl RF under hnds R, -, L), -;

### 09-12 LACE UP to BFLY ; ; ; ;

{Lace Up to BFLY} Raising jnd Id hnds & travlg DLW behind W fwd L, -, fwd R (W trvlg DLC in front of M undr Id hnds fwd R, -, fwd L) to LOP LOD, -; Fwd L, cl R, fwd L, -; Relg Id jnds & jng trl hnds high trvl DLC behind W fwd R, -, fwd L (W trvlg DLW in front of M undr trl hnds fwd L, -, fwd R) to OP LOD, -; Fwd R, fwd & sd L trng RF to fc ptr, cl R to BFLY WALL, -;

## PART A TWO STEP

### 01-04 FACE to FACE & BACK to BACK TWICE ; ; ; ;

{Fc to Fc & Bk to Bk x 2} Sd L, cl R, sd L trn LF ½ to BK-TO-BK, -; Sd R, cl L, sd R trng RF 3/8 to BFLY, -; Repeat meas 1,2 Part A ; ;

### 05-08 BASKETBALL TURN ; ; SLOW OP VINE 4 to SCP ; ;

{Basketball Turn} [SS;SS] Relg hnds fwd L w/ lun action trng ¼ RF, -, rec R trng ¼ RF to R-SD-BY-SD RLOD, -; Fwd L w/ lun action trng ¼ RF, -, rec R trng ½ RF to BFLY WALL, -; {Slow OP Vine 4} [SS;SS] Releasing trail hands Sd L, -, XRib (W XLib) to LOP RLOD, -; Trng to fc Sd & fwd L, -, XRif (W XLif) to SCP LOD, -;

### 09-12 TWO FORWARD TWO's Checking ; ; CUT BACK TWICE ; DIP BACK & RECOVER to CP ;

{2 Fwd Two's Checkg} SCP LOD Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R checkg, -; {Cut Bk x 2} [QQQQ] XLif (W XRif), bk R, XLif (W XRif), bk R ; {Dip Bk & Rec to CP} [SS] Rk bk L lowering into soft knee, -, rec R to CP WALL, -;

### 13-16 TWO TURNING TWO's ; ; TWIRL/VINE 2 ; WALK & FACE ;

{2 Turning Two's} Sd L stg RF trn, cl R, bk L compg ½ RF trn, -; Sd R contg RF trn, cl L, fwd R contg RF trn to BFLY WALL, -; {Twirl/Vine 2} Repeat meas 8 Intro ; {Walk & Fc} [SS] Fwd L, -, fwd R trng ¼ RF to CP WALL, -;

### 17-18 BOX ; ;

{Box} Sd L, cl R, fwd L, -; Sd R, cl L, bk R, -;

## PART B TWO STEP

### 01-04 TRAVELING BOX to BFLY w/ W 1 TWIRL ; ; ; ;

{Traveling Box w/ W 1 Twirl} Sd L, cl R, fwd L, -; [SS] Sd R, -, thru L to loose RSCP RLOD (W twrl LF undr jnd Id hnds L, -, R), -; Trng to fc sd R, cl L, bk R, -; [SS] Sd L, -, thru R trng R to BFLY WALL, -;

### 05-08 VINE 3 ; WRAP the LADY ; UNWRAP the LADY ; CHANGE SIDES to OP RLOD ;

{Vine 3 & Tch} Sd L, XRib (W XLib), sd L ckg, tch ; {Wrap W in 3} Raisg jnd Id hnds sd R, XLib trng ¼ LF, sd & bk R, tch (W trng ¾ LF undr jnd Id arms L, R, L, tch) to WRP LOD ; {W Unwrap} Relg Id hnds ip L, R, L, tch (W unwraps RF R, L, R, tch ckg) to OP LOD ; {Chng Sides to OP RLOD} Raisg trl hnds circ RF ½ arnd W fwd R, L, R, tch (W trn ½ LF under raised trail arms L, R, L, tch) to OP RLOD, -;

**09-10 CONTINUE CHANGE SIDES UNDER TRAIL ARMS to CP WALL ; ;**

{Cont Change Sides Under Trail Arm to CP WALL} Cont circ ½ arnd W Fwd L, R, L ; R, L, R (W trn ½ LF under raised trail arms fwd R, L, R ; L, R, L) to CP WALL, -;

**11-14 STROLLING VINE ; ; ; ;**

{Strolling Vine} [SS] Sd L, -, XRib (W XLif), -; Sd L, cl R, sd L trng ½ LF to CP WALL, -; [SS] Sd R, -, XLib (W XRif), -; Sd R, -, cl L, sd R trng ½ RF to CP WALL, -;

**15-17 TWO TURNING TWO's ; ; TWIRL/VINE 2 ;**

{2 Turning Two's} Repeat meas 13,14 Part A ; ; {Twirl/Vine 2} Repeat meas 8 Intro ;

**18-21 TRAVELING DOORS ; ; ; ;**

{Traveling Doors} [SS] In BFLY Rk sd L, -, rec R, -; XLif (W XRif), sd R, XLif (W XRif), -; [SS] Rk sd R, -, rec L, -; XRif (W XLif), sd L, XRif (W XLif) to BFLY WALL, -;

## PART C CHA CHA

**01-04 VINE 2 & FACE to FACE ; VINE 2 & BACK to BACK ; SUSIE Q ; TWIRL VINE 2 & CHA ;**

{Vine 2 & Fc to Fc} Sd L, XRib (W Xib), sd L/cl R, trng 3/8 LF sd & fwd L to almost BK-TO-BK ; {Vine 2 & Bk to Bk} Sd R, XLib, sd R/cl L, sd R to BFLY WALL ; {Susie Q} [O&Q&Q&Q&Q] In BFLY POS to RLOD XLif/sd R, XLif/flare CCW (W XRif), to LOD XRif/Sd L, XRif/flare CW (W XLif) to BFLY WALL ; {Twirl Vine 2 & Cha} Raise lead hnds & release trail hnds Sd L, XRib, sd L/cl R, sd L (W fwd R begin RF twirl, cont twirl fwd L to BFLY, sd R/cl L, sd R) ;

**05-08 AIDA ; SWITCH CROSS ; CRAB WALK ENDING ; FENCE LINE in 4 ;**

{Aida} Thru R to fc LOD xg R hnd ovr L, sd L trng ½ RF to LOP RLOD, bk R/lk Lif, bk R to V bk-to-bk ; {Switch Cross} Trng LF to fc ptr bk & sd L, rec R to BFLY, XLif (W XRif)/sd R, XLif (W XRif) ; {Crab Walk Ending} Sd R, XLif (W XRif), sd R/cl L, sd R ; {Fence Line in 4} XLif (W XRif) w/ bent knee, rec R, sd L, rec R ;

**09-10 ALEMANA to L-HAND STAR RLOD ; ;**

{Alemana to L-Hnd Star RLOD} Fwd L, rec R, sd L/cl R, sd L ; Raising jnd hnds bk R, rec L, sd R/cl L, sd R trng ¼ RF (W trng RF undr jnd hnds fwd L, brush R fwd R cont full tm, fwd L/cl R, sd L trng ¼ RF) to L-HAND STAR RLOD ;

**11-14 UMBRELLA TURN ; ; ; ;**

{Umbrella Turn} [L-hnd Star] Fwd L, rec R, bk L/cl R, bk L ; Bk R, rec L, fwd R/cl L, fwd R (W fwd L trng ½ RF undr jnd hnds, rec R, fwd L/cl R, fwd L) ; Fwd L, rec R, bk L/cl R, bk L (W fwd R trng ½ LF undr jnd hnds, rec L, fwd R/cl L, fwd R) ; Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (W fwd L trng ½ RF undr jnd hnds, rec R to fc ptr, sd L/cl R, sd L) to WALL No Handhold ; [RAL's current version of UMBRELLA TURNS may be used instead if preferred]

**15-16 TIME STEP TWICE ; ;**

{Time Step x 2} XLIB (W XIB), rec R, sd L/cl R, sd L ; XRIB (W XIB), rec L, sd R/cl L, sd R to BFLY WALL ;

## BRIDGE

**01 SIDE DRAW & CLOSE ;**

{Sd Draw & Cl} Sd L, draw R, cl R, -;

## ENDING CHA CHA & RUMBA

**01-04 ALEMANA ; ; TWIRL/VINE 2 & CHA ; RUMBA AIDA & EXTEND ;**

{Alemana} Fwd L, rec R, sd L/cl R, sd L ; Raising jnd hnds bk R, rec L, sd R/cl L, sd R (W trng RF undr jnd hnds fwd L, brush R fwd R cont full tm, fwd L/cl R, sd L) to BFLY ; {Twirl Vine 2 & Cha} Repeat meas 4 Part C ; {Rumba Aida & Extend} Thru R to fc LOD xg R hnd ovr L, sd L trng ½ RF to LOP RLOD, bk R, raisg trail arms ;