|  |  |
| --- | --- |
| Those Good Old Days |  |

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| . | | | | | | |
| **Count:** | 56 | **Wall:** | 2 | **Level:** | Phrased Intermediate | . |
| **Choreographer:** | Kevin Formosa (AUS) - December 2017 | | | | |
| **Music:** | Good Old Days (feat. Kesha) - Macklemore : (iTunes) | | | | |
| . | | | | | | |

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

**Part A: 24 counts**

**[1-8] Back, Back Rock ½ R, Back Rock ¼ L, behind, side, Cross Rock, Side, Cross**

|  |  |
| --- | --- |
| 1,2&3 | Step R back, Step L back, Replace R, ½ R Stepping L back (6.00) |

|  |  |
| --- | --- |
| 4&5 | Step R back, Replace L, ¼ 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, ¾ Spiral L, Full Turn fwd, Pivot ½ 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 ¾ L keeping weight on R (6.00) |

|  |  |
| --- | --- |
| 4&5 | L Stepping L fwd, ½ L Stepping R back, ½ L Stepping L fwd (6.00) |

|  |  |
| --- | --- |
| 6&7 | Step R fwd, Pivot ½ 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 ½ L, ½ 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, ½ L Stepping L fwd (6.00) |

|  |  |
| --- | --- |
| 8& | (1) Step R fwd, Pivot ½ L (12.00) |

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

**½ 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 ½ R, Shuffle fwd, Full Turn L, Fwd Together**

|  |  |
| --- | --- |
| 1,2 | Step L fwd, Pivot ½ R (7.30) |

|  |  |
| --- | --- |
| 3&4 | Step L fwd, Step R beside L, Step L fwd (shuffle) |

|  |  |
| --- | --- |
| 5,6 | ½ L Stepping R back, ½ 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, ¼ 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 | ¼ R Stepping R fwd (12.00) |

**B[25-32] ½ Pivot, Fwd, Hold, Full Turn L, Fwd Rock**

|  |  |
| --- | --- |
| 1,2 | Step L fwd, Pivot ½ R (6.00) |

|  |  |
| --- | --- |
| 3&4 | Step L fwd, Hold |

|  |  |
| --- | --- |
| 5,6 | ½ L Stepping R back, ½ L Stepping L fwd (6.00) |

|  |  |
| --- | --- |
| 7,8 | Step R fwd, Replace L |

**Tag: 32 Counts**

**T [1-8] Back, Coaster Step, ½ Pivot L, ½ Pivot R, ¼ 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 ½ L, Step R fwd (6.00) |

|  |  |
| --- | --- |
| 6&7 | Step L fwd, Pivot ½ R, ¼ 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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