## Days of Old

Count: 32 Wall: 2 Level: Improver
Choreographer: Roger (leftfoot) Hunter (USA) - November 2023
Music: Into the Mystic - Van Morrison

No tags,bridges or restarts
Intro 16 counts
S-1) Side*,Behind Side,Cross,Shuffle $1 / 4$ R,Step $1 / 2$ Step

| $1,2 \& 3,4 \& 5$ | step $R$ to $R\left(1^{*}\right)$ step $L$ behind $R(2)$ step $R$ to $R(\&)$ cross $L$ over $R(3)$ step $R$ to $R 1 / 4 R(4)$ step $L$ |
| :--- | :--- |
| next to $R(\&)$ step $R$ forward(5) |  |
| $6 \& 7,8$ | step $L$ forward( 6$)$ pivot $1 / 2$ on $R(\&)(9: 00)$ step $L$ forward(7)step $R$ forward(8) |

## S-2) Step,Mambo F,Mambo B,Mabo R 1/4 L,Step

| 1,2\&3,4\&5 | step $L$ forward(1)rock $F$ on $R(2)$ recover on $L(\&)$ step $R$ next to $L(3)$ rock $B$ on $L(4)$ recover on <br> $R(\&)$ step $L$ next to to $R(5)$ |
| :--- | :--- |
| $6 \& 7,8$ | rock $R$ to $R(6)$ recover on $L 1 / 4$ turn $L(\&)$ step $R$ forward(7)(6:00) step $L$ forward(8) |

S-3) Step,Shuffle B,Coaster Step,Lindy L

| $1,2 \& 3,4 \& 5$ | rock $F$ on $R\left(1^{*}\right)$ step $B$ on $L(2)$ step $R$ next to $L(\&)$ step $B$ on $L(3)$ Step $B$ on $R(4)$ step $B$ on |
| :--- | :--- |
| $6 \& 7,8$ | step $L$ to $L(6)$ step $R$ next to $L(\&)$ step $L$ to $L(7)$ rock $R$ behind $L(8)$ |

## S-4) Syncopated Rumba Box,Step*,Mambo Cross

| $1,2 \& 3,4 \& 5$ | recover on $L(1)$ step $R$ to $R(2)$ touch $L$ next to $R(\&)$ step $R$ back(3) step $L$ to $L(4)$ step $R$ next to <br> $L(\&)$ step $L$ forward(5) |
| :--- | :--- |
| $6,7 \& 8$ | 8) step $R$ forward( $\left.6^{*}\right)$ rock $L$ to $L(7)$ recover on $R(\&)$ cross $L$ over $R(8)(6: 00)$ |

Turning option for Syncopated Rumba box...(can be seen in video)
Modified syncopated rumba box.(one of my favorites)

```
Recover on L(1)step R to R(2)touch L next to R(&)
step L pivoting 1/2 turn L(3))step R to R(4)touch L next to R(&)
step L pivoting 1/2 turn L(5)
*firm step,slight hold
```

Last Update: 4 Nov 2023

