

# The Good Old Days

**COPPER** KNOB  
STEPMATS

拍数: 32      墙数: 4      级数: Easy Intermediate  
编舞者: Gary Lafferty (UK) - October 2020  
音乐: Grandpa (Tell Me 'bout the Good Old Days) - Dave Fenley



#32-count intro,

## STEP FORWARD, HOLD, ROCK FORWARD, RECOVER, STEP BACK, HOLD, STEP BACK, TOGETHER

- 1-2      Step forward on Right foot, hold
- 3-4      Rock forward on Left foot, recover weight back onto Right foot
- 5-6      Step back on Left foot, hold
- 7-8      Step back on Right foot, step on Left foot beside Right

## CROSS, SWEEP, FRONT, SIDE, BEHIND, SWEEP, BEHIND, ¼ TURN

- 1-2      Cross-step Right foot over Left, sweep Left foot around from back to front
- 3-4      Cross-step Left over Right, step to Right on Right foot
- 5-6      Cross-step Left foot behind Right, sweep Right foot around from front to back
- 7-8      Cross-step Right foot behind Left, turn ¼ Left stepping forward onto Left foot

**\*\* RESTART - On wall 5, you will restart the dance from Section 1 facing 9 o'clock wall \*\***

## STEP FORWARD, HOLD, ROCK FORWARD, RECOVER, ½ TURN, HOLD, STEP FORWARD, PIVOT ¼ TURN

- 1-2      Step forward on Right foot, hold
- 3-4      Rock forward on Left foot, recover weight onto Right foot
- 5-6      Turn ½ Left stepping forward onto Left foot, hold
- 7-8      Step forward on Right foot, pivot ¼ turn to Left

## CROSS, HOLD, HIP SWAY LEFT-RIGHT-LEFT, HOLD, SAILOR ¼ TURN TO RIGHT

- 1-2      Cross-step Right foot over Left, hold
- 3-4      Step to Left on Left swaying hips to Left, sway hips to Right
- 5-6      Sway hips to Left, hold
- 7-8      Cross-step Right foot behind Left turning ¼ Right, step to Left on Left foot

**The sailor step finishes with count 1 of Section 1**

**START AGAIN**

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