

Good Old Days Quickstep

Choreo: Dennis Viscanti & Elaine Mikenas, Box 321, Gloversville, NY, DDennisV@aol.com
 Modified from Irv & Betty Easterday (2001) - Quickstep/TwoStep/Jive III+1

Music: Good Old Days - Roger Miller

Time/Speed 2:10 at 45 rpm

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Footwork: Opposite footwork throughout (*If necessary Woman's footwork in italics within parentheses*)

Rythm/Phase: Quickstep / Two Step IV

Deg of Diff Average

Sequence: Intro ABC ABC(1-12) End

Intro

1-5 Open/Line of Dance, Wait 1 long note ; Charleston twice ; ; ;

- 1 In OP/LOD, Wait 1 long note ;
- 2-5 {Charleston Twice} Fwd L, -, Point Fwd R, - ; Bk R, -, Point Bk L, - ; (repeat previous 2 measures) ; ;

Part A

1-4 2 Forward Two-Steps ; ; Open Vine 4 ; ;

- 1-2 {2 Fwd 2-steps} Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-;
- 3-4 {Open Vine 4} Sd L,-, Release trailing hands X R behind (*XLIBR*),- ; Trng to fc ptr Sd L,-, XRIFL (*XLIFR*) blending to SCP ;

5-8 2 Turning Two-Steps ; ; Twirl 2 ; Walk 2 ;

- 5-6 {2 Trng 2-steps} Sd L, Cl R, maneuvering in front of Woman trng ¼ right step back L to fc RLOD, - ; cont RF turn CP/Cntr Sd R, Cl L, continue to turn toward LOD Fwd R continuing to turn to fc wall, - ;
- 7-8 {Twirl 2} Sd L,-, cross R behind,- (*Sd & fwd R trng ½ RF under joined lead hands,-, sd & bk L trng ½ RF,-*); {Walk 2} SCP Fwd L, -, fwd R, - to Open ;

9-12 Woman Circle 4 Hip Bumps (Man Dance Bees Knees) ; ; ;

- 9-12 {W Circle 4 Hip Bumps} M does Bees Knees: In a slightly squat position with hands on knees alternate spreading knees apart and bringing them back together 8 times while changing hands with knees ; ; ; (*W small circle RF for 4 measures with hip bump motion Step L, -, Push Hip to L, - ; Step R, -, Push Hip to R ; Step L, -, Push Hip to L, - ; Step R, -, Push Hip to R, - ;*)
- {alternative Hip Bumps Freestyle} Do 1970's Freestyle where you bump hips with your partner.

13-16 2 Forward Two-Steps ; ; Forward, Maneuver ; Pivot 2 Face Line ;

- 13-14 {2 Fwd 2-steps} Fwd L, cl R, fwd L,-; Fwd R, cl L, fwd R,-;
- 15 {Fwd, Manuv} Fwd L, -, Fwd R manuv in front of Woman to face rev in CP, - ;
- 16 {Pivot 2} Bk left trng on ball of foot approximately ½ right face, -, fwd right between woman's feet finishing right face turn to end in CP/LOD, -;

Part B1-5 Qtr Trn & Prog Chassé ; ; ,,, Forward, -, Forward, Lock, Forward,,;

1-4 {Qtr Trn Prog Chasse} Fwd L, -, fwd R trng right face -, -; side L, close R turning right face, side and bk L Diag Line and Center, -; bk R trng left face, -, side L, close R trng left face; side and slightly fwd L Banjo Diagonal Line and Wall, -, trailing foot free {Fwd, Fwd/Lk, Fwd} Fwd R, -; Fwd L, cross R in back of L taking weight, fwd L, -;

6-8 Maneuver, Side Close ; Pivot 2 ; Walk 2 Face Wall ;

6 {Manuv, Sd, Cl} Fwd R trng RF in front of woman, sd L twd Wall, cls R ending in CP RLOD, -;

7-8 {Pvt 2} With right face upper body movement turn back L toe turning on ball of foot approximately ½ RF, -, fwd R between woman's feet to end in CP LOD, -; {Walk 2 Fc Wall} Fwd L starting RF turn, -, while facing wall side R, -;

9-12 Staccato Twist Vine 8 ; ; ; ;

9-12 {Staccato Twist Vine 8} sd L, -, cross R behind L, -; Sd L, -, cross R in front, -; sd L, -, cross R behind left, -; Sd L, -, cross R in front, -; (sd R, -, XLIF of R, -; sd R, -, XLIB of R, -; sd R, -, XLIF of R, -; sd R, -, XLIB of R, -;) Staccato: In keeping with the music make each step have a definitive stop and not a smooth transition to the next step.

13-16 Whaletail ; ; Fwd Manuv ; Pvt 2 Face Line ;

13-14 {Whaletail} In Banjo Position cross L behind R but not tightly, as body commences to turn RF take a small step to side on R completing ¼ RF body turn, fwd L with left shoulder lead, cross R behind L but not tightly; side L commence LF body turn, close R completing ¼ body turn left, cross L behind R commence RF body turn, side R completing ¼ body turn right; (*steps are opposite for W while rotation movements are same. When M rotate right, W also rotates right.*)

15-16 {Fwd Manuv} same as Part A Meas 15; {Pivot 2} same as Part A Meas 16;

Part C1-6 Chasse Weave, Running Forward Locks ; ; ; ; ;

1-4 {Chasse Weave} Fwd L trng left face 3/8, -, side R, cl L; side R trng left to face rev, -, back L, -; continuing to turn go back R to closed position, -, trng to fc wall side L, close R; side L trng left face 1/8, -, fwd R to Banjo, -;

5-6 {Running Fwd Locks} Fwd L, lk R in bk of L, fwd L, fwd R; fwd L, lk R in bk of L, fwd L, -;

7-10 Forward, Side Close ; Walk 2 to open ; Charleston ; ;

7-8 {Fwd, Sd Cl} Fwd R turning to face partner/wall, -, Side L, Close R; {Walk 2 to open} Turning to face LOD Fwd L, -, Fwd R, -; blending to open position

9-10 {Charleston} repeat Intro Measures 2-3

11-16 Circle Chase 4 with Jazz Hands ; ; Back Away 3 ; Hitch Apart ; Strut Together ; ;

11-12 {Circle Chase 4 w/Jazz Hands} Left face CCW (*Right face CW*) circle walk four L, R, L, R with fast exaggerated wave of open hands turning to face on last step;

13-14 {Back Away 3} Bk L, Bk R, Bk L, -; {Hitch Apart 3} Bk R, Cl L, Fwd R, - (*Bk L, Cl R, Fwd L, -*);

15-16 {Strut Together 4} Walk Together with jazzy style L, -, R, -; L, -, R, -;

Repeat Part A

Repeat Part B

Part C measures 1-12

End

1-4 2 Side Closes ; Side Draw Close ; 2 Side Closes ; Side Draw Close ;

1-2 {2 Sd Cls} Side L, close R, sd L, cl R ; {Side Draw Close} Sd L, -, Cl R, - ;

3-4 {2 Sd Cls} {Side Draw Close} repeat previous 2 measures

5 Quick Vine 3 & Point

1 {Quick Vine 3 & Point} Side L, R behind L, Sd L, crossing R in front of L point LOD while facing each other in loose SCP and leaning toward reverse ;

Head Cues

Good Old Days - Roger Miller

Dennis Viscanti & Elaine Mikenas - Quickstep/Two Step IV

Op/lod Wait 1 long note ; ¹ Charleston 2x ;; ;

**2 Fwd 2-steps ;; Op Vine 4 ;; 2 Trng 2-steps ;; Twirl 2 ; Walk 2 ;
4 Hip Bumps ;; ; 2 Fwd 2-steps ;; Fwd, Manuv ; Pivot 2 fc line ;**

**² Qtr Trn & Prog Chassé ;; ;,, Fwd, - , Fwd, lk, fwd ,,,; Manuv, Sd Cl ;
Pvt 2 ; Walk 2 fc wall ;
Staccato Twist Vine 8 ;; ; Whaletail ;; Fwd Manuv ; Pvt 2 fc line ;**

**³ Chassé Weave ;; ; Running Fwd Locks ;; Fwd, Sd Cl ; Walk 2 to open ;
Charleston ;; Circle 4 w/Jazz Hands ;;
Back Away 3 ; Hitch Apart 3 ; Strut Tog ;;**

**2 Fwd 2-steps ;; Op Vine 4 ;; 2 Trng 2-steps ;; Twirl 2 ; Walk 2 ;
4 Hip Bumps ;; ; 2 Fwd 2-steps ;; Fwd, Manuv ; Pivot 2 fc line ;**

**Qtr Trn & Prog Chassé ;; ;,, Fwd, - , Fwd, lk, fwd ,,,; Manuv, Sd Cl ;
Pvt 2 ; Walk 2 fc wall ;
Staccato Twist Vine 8 ;; ; Whaletail ;; Fwd Manuv ; Pvt 2 fc line ;**

Chassé Weave ;; ; Running Fwd Locks ;; Fwd, Sd Cl ; Walk 2 to open ;

**⁴ Charleston ;; Circle 4 w/Jazz Hands ;;
2 Sd Cls ; Sd Draw Cl ; 2 Sd Cls ; Sd Draw Cl ; Quick Vine 3 & Point ;**