



Good Old Days

32 Count 4 Wall Improver Level Dance.
Choreographed by: Jamie Barnfield (UK) Jan 2025
Choreographed to: Good Old Days by Henry Moodie
Intro: 8 Counts. Start at approx 4 secs.

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SEC 1 STEP, LOCK, & HEEL & CROSS, SIDE, BEHIND, ¼, PIVOT ½, KICK

- 1-2& Step forward on Right to Right diagonal, cross Left behind Right, step forward on Right
3&4 Tap Left heel to Left diagonal, close Left next Right, cross Right over Left
5-6& Step Left to Left side, cross Right behind Left, turn ¼ Left stepping forward on Left (9:00)
7-8 Step forward on Right, pivot ½ Left keeping weight on Right kicking Left forward (3:00)

SEC 2 ROCK, WALK, WALK, ROCK, BACK ¼ CROSS

- 1-2 Rock back on Left, recover on Right
3-4 Step forward on Left, step forward on Right
5-6 Rock forward on Left, Recover on Right
7&8 Step back on Left, turn ¼ Right stepping Right to Right side, cross Left over Right (12:00)

SEC 3 SIDE DOROTHY, SIDE DOROTHY, SIDE, BEHIND, ¼ STEP, WALK WALK

- 1-2& Step Right to Right side, cross left behind Right, Step Right to Right side
3-4& Step Left to Left side, cross Right behind Left, step Left to Left side
5-6& Step Right to Right side, cross Left behind Right, turn ¼ Right stepping forward on Right (3:00)
7-8 Step forward on Left, step forward on Right

SEC 4 MAMBO STEP, ROCK, RECOVER, PIVOT ½, FULL TURN

- 1&2 Rock forward on Left, recover on Right, small step back on Left
3-4 Rock back on Right, recover on Left
5-6 Step forward on Right, pivot ½ Left (weight on Left) (9:00)
7-8 ½ turn Left stepping back on Right, ½ Left stepping forward on Left (9:00)

