

GOOD OLD DAYS - Couple mixer by Dot and Dale Foster

Also done side by side without partners, using same footwork.

Record: Smash 2010

Position: Side by side, couples facing LOD, inside hand held.

Footwork: Opposite, Men start L, women start with R, can be done with same footwork.

Introduction: 4 measures (16 quick counts)

<u>Meas</u>	<u>Count</u>	<u>Pattern</u>	PART A
1	1-2	Place L heel fwd. Close L to R.	
	3-4	Place R heel fwd. Close R to L.	
2	5	Keep toes together, but separate heels.	
	6	Close heels together.	
	7-8	Repeat 5 and 6.	
3-4	9-16	Four slow strutting steps fwd in LOD, L, R, L, R.	
5-8	17-32	Repeat measures 1-4.	
			PART B
1-2			Charleston step as follows:
	1-2	Step fwd on L ft. Bounce.	
	3-4	Kick right foot fwd. Bounce on L ft.	
	5-6	Step back on R ft. Bounce.	
	7-8	Swing left foot back and touch L toe. Bounce on R ft.	
3-4	9-16	Repeat Charleston kick of measures 1-2, part B.	
5-8	17-32	Solo turn, away from partners, with 8 slow strutting steps, M moving fwd to next partner if done as a mixer.	