

GOOD OLD DAYS  
USA

This is perhaps one of the most funfull of the contemporary dances, and popular at the Kentucky Folk Dance Institute in Morehead. It is absed on a Charleston. Dot and Dale Foster are the choreorgraphers. This dance permist a great deal of self expression. Hands may be joined and swinging, or detached. D

RECORD: Good Old Days by Roger Miller on SMASH label. Instrumental and vocal. Oh You Kid (same tune), Hi-Hat 831, Instrumental only.

FORMATION: Cpls (W on R of M), facing LOD. Inside hands joined (optional).

Description for M, W use opp ftwk.

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PATTERN

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Meas

- 1-4 Cue: L. Heel stand, R. Heel Stand, Heels out, In, Out, In.  
M extend L heel diag fwd to L. Bring it back and stand.  
Extend R heel diag R and bring it back and stand balance up on toes. Move heels out, in, out, in, in a bouncing movement.
- 5-8 Cue: Walk fwd, 2,3,4  
M Walk fwd L,R,L,R (W--R,L,R,L)
- 9-16 Repeat meas 1-8.
- 17-24 Cue: Step fwd, Point, step back, point, step fwd point, ~~st~~  
step back point.  
M step fwd on L, point R fwd, step back on R, point L ft back. Step fwd on L, point R fwd, step back on R. Point L ft back.
- 25-32 Cue: L. Heel stand, R, heel stand, heels out, in, out, in.  
(Repeat of meas 1-4) Walk Turn away 2,3,4.  
~~Repeat meas 1-4.~~  
Turn away from ptr. M turning L and W R in 4 walking steps (M-LRLR; W-RLRL). Returning to ptr. At this point it can be used as a mixer. M moving bkwd to new ptr.

Dance goes thru 6 times.

Viltis: March-April 1968