

## GOOD OLD DAYS (U.S.A)

This type of hand-jive has been around since the 1950s; the song was first recorded in 1965, singing about the 1920's, and is in the Charleston style. It is useful as a warm-up dance for older primary kids and teens. There are other choreographies for "Good Old Days"; see the next page for a partner mixer that can also be done by individuals alone.

**CD/DVD/video:** "Good Old Days" was originally sung by Roger Miller. This version is found on Sanna's CD #1 ½ (with permission). The hand-jive is taught on Sanna's DVD/video #1, *Favorite Folk Dances of Kids & Teachers* (red). *Meter: 4/4*

**Formation:** Dancers scattered around room or in a loose circle, facing center. It can also be done while sitting in chairs or on the floor, or walking around connecting with others.

### Hand-Jive Pattern

#### Measures

**SLAP, SLAP; CLAP, CLAP; SLICE, SLICE; SLICE, SLICE;  
POUND, POUND; POUND, POUND; SHAKE, SHAKE; SHAKE, SHAKE**

- 1 Slap thighs two times with both hands; clap own hands two times.
- 2 Pass R hand 2 times over L hand with palms down; switch hands, repeat.
- 3 Pound R fist 2 times on L fist; repeat with fists switched.
- 4 Hold R elbow with L hand and shake R forefinger 2 times; repeat on L side.

#### **HITCHHIKE**

- 5-6 Lean R and "hitchhike" with R thumb in small jerks from front to back 8 times.
- 7-8 Lean to L and repeat with L thumb.

#### **SWIM**

- 9-10 "Swim," making one breast stroke in 4 beats, then repeat. Take a big step toward center with each of the strokes.

#### **TWIRL LASSO AND TURN**

- 11-12 Raising R arm, for 8 beats "twirl lasso" or make small circles with R forefinger while turning full circle to R (CW) in 4 steps.
- 13-14 Repeat with L arm and hand, turning full circle to L (CCW) in 4 steps.

#### **PLUCK, PLACE, SLAP, BLOW**

- 15-16 Pluck "something" from the air with R fingers; place it firmly into L palm,
- 17-18 slap L palm with R hand; blow it off palm.

(see notes for partner mixer/individual pattern on next page)

### Partner Mixer/Individual Pattern

**Formation:** Partners standing side-by-side in a double circle, both facing counterclockwise (CCW), with inside hands joined. It can also be done by single individuals in the circle or in scattered formation. If in pairs, each partner starts on the outside foot: The person on left, the inside person (traditionally the man) starts on the L foot; the person on the right, the outside person (the “woman”) starts on the R foot).

#### Measures

**INTRODUCTION.** Get in the mood during the 4 measures or 16 beats.

#### **PART I. HEEL-STEPS, APART-TOGETHERS, STRUTTING**

- 1 **Touch** (no weight) outside heel forward, **step** in place on the same foot (take weight) (cts 1-2). Repeat the touch-step with the other foot (cts 3-4).
- 2 With both feet together and flat on the floor, move heels apart-together-apart-together, or out-in-out-in (cts. 5-8).
- 3 - 4 Starting on outside foot, take 4 steps forward with a little strut (cts 9-16—2 beats per step).
- 5 - 8 Repeat measures 1-4 (cts 1-16).

#### **PART II. CHARLESTON, REPEAT ABOVE, MEET NEW PARTNER**

- 1 - 2 Charleston figure: Step forward on outside foot (cts 1-2), kick inside foot forward or touch it in front (cts 3-4), step backward on inside foot (cts 5-6), touch outside foot in back (cts. 7-8).
- 3 - 4 Repeat Charleston figure (step, kick or touch, step, touch) (cts 9-16).
- 5 Repeat 2 heel-steps of Part I, meas. 1 (cts 1-4).
- 6 Repeat 2 apart-togethers of Part I, meas. 2 (cts 5-8).
- 7 - 8 Starting on the outside foot, the inside person takes 4 strutting steps while turning in a half-circle to L, moving back to the person behind in the circle. The outside person, starting on the outside foot, takes 4 strutting steps forward to meet the new partner who is making the half-circle to the back.