# 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, album "The 3rd Time Around", track 8, purchased on iTunes
Entire song may be heard on YouTube at https://www.youtube.com/watch?v=cmvM4d9xAqw
Dance & Teach can be found at https://www.youtube.com/watch?v=Mv_AQ_lpomM
Time/Speed 2:10 at 45 rpm
Released: April 2026
Footwork: Opposite footwork throughout (*If necessary Woman's footwork in italics within parentheses*)
Rythm/Phase: Quickstep / Two Step phase 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 B**

## 1-5 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 C**

## 1-6 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 ;; ;;**

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**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 ;**

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**[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 ;**

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**[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 ;;**

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**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 ;**

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**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 ;**

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**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 ;**
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