

FOR THE GOOD TIMES

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MUSIC: "For the Good Times", Daniel O'Donnell (*From Daniel with Love*), Track 11,
 3:43 as downloaded (available as a download from Amazon)

RHYTHM/PHASE: Bolero V (average difficulty)

FOOTWORK: Opposite unless otherwise noted

SPEED Slow to 3-4% or as desired.

SEQUENCE: INTRO A B INTERLUDE A B ENDING

INTRODUCTION

- 1-2** LOW BFLY WALL WAIT; 2 SLOW ROCKS;
 1 {wait} Low BFLY WALL ld ft free wait;
 2 {2 sl rks} Side L w/ hip roll, -, sd R w/ hip roll, -;
- 3-6** START A FAN INTO HOCKEY STICK (LADY SPIRAL);: LUNGE BREAK:
 3 {fan} Sd & bk L, -, bk R, rec sd L fcg WALL (sd & fwd R, -, fwd L, bk R trng LF);
 4 {start hockey stk} Sd R, -, fwd L, bk R (W sm bk L to fan pos, -, cl R, fwd L);
 5 {fin hockey stk} Sd L & slightly bk, -, sd & fwd R w/slight RF trn, fwd L DRW
 (fwd R [(optional spiral LF)], -, fwd L, fwd R trng LF ½ und jnd hnds);
 6 {lunge brk} Sd & fwd R, -, lower on R extending L sd & slightly bk, rise on R bringing lady fwd
 (W sd & bk L, -, bk R contra ck sit line, rec fwd L);

PART A

- 1-4** LEFT PASS TO HANDSHAKE; ½ MOON;; REVERSE UNDERARM TURN;
 1 {L pass} CP Sm sd & fwd L trng slightly RF & shaping twd ptr, -, rec R trng LF, sd & fwd L
 cont LF trn joining RR hnds to end fcg ptr & COH (W fwd R trng RF w/ bk to ptr, -, sd & fwd L
 strong LF trn, bk R);
 2-3 {1/2 moon} Sd R, -, ck thru L to sd by sd pos M's L arm beh W, rec R to fc: Sd & bk L trng LF, -,
 bk R w/slipping action, fwd L cont trn to fc WALL (W sd & fwd R, -, fwd L XIF of M trng LF, sm step
 sd R);
 4 {rev undarm trn} Keeping handshake sd R, -, XLif, rec R to fc WALL (W sd L, -, XRif trng ½ LF und
 joined R hnds fwd L cont LF trn to fc ptr);
- 5-8** BREAK BACK W MAN'S HEADLOOP TO LEFT ½ OPEN; SWITCH & WALK 2 2X;; HIP RKS;
 5 {brk bk w/ M's headloop to left ½ OP} Sd L looping joined hnds over M's head & releasing them to M's
 shoulder, -, brk bk R, rec L to Left ½ OP RLOD;
 6-7 {switch & walk 2 2X} Fwd & sd R trng sharply to ½ OP "V" pos LOD, -, rec fwd L, fwd R; Fwd & sd L
 trng sharply to left ½ OP "V" pos RLOD, -, rec fwd R, fwd L;
 8 {hip rks} Blending to low BFLY sd R, -, rk L, rec R;
- 9-12** PREP AIDA; AIDA LINE W/ HIP ROCKS; HORSESHOE TURN ENDING; FORWARD BREAK;
 9 {prepare aida} Sd L taking trl arms up & over, -, thru R comm RF trn (LF) sd L cont RF;
 10 {aida line w/ hip rks} Bk R to "v" bk to bk pos fcg RLOD, -, rk fwd L sweeping trl hnd fwd,
 rec R to aida line;
 11 {horseshoe turn ending} Fwd L comm LF (W RF) circle walk, -, fwd R lead W und jnd hnds, fwd L
 to fc DLC;
 12 {fwd brk} Sd & fwd R, -, fwd L, bk R;
- 13-16** CHKD RIGHT PASS; M RONDE TO FWD BRK; NAT TOP 3 FC WALL; BREAK BK REC BFLY;
 13 {checked R pass} Fwd & sd L raising L hnd start RF rotation around Lady placing R hnd
 on W's R hip cking her fwd motion, -, XRib of L cont rotation around W, fwd & sd L to W's L sd
 (W fwd R raising R arm as if to comm undarm trn then lower to wrap pos, -, XLif of R, bk R);
 14 {M ronde to fwd brk} Fwd R ronde L ft cont RF trn to fc ptr & wall, -, ck fwd L, rec R
 (W sd & bk L, -, bk R, rec L);
 15 {nat top 3} Sd & fwd L, -, XRib cont RF trn, sd & fwd L to fc WALL (W fwd R to CP, -, sd L, fwd R
 between M's ft);
 16 {brk bk rec sd} Sd R, -, bk L to ½OP, rec R blending to BFLY;

PART B

- 1-4 LUNGE SD & TWIRL RLOD; NEW YORKER; ½ BASIC/LADY CHEST PUSH AWAY; FWD BRK:**
- 1 *{lunge sd & twrl RLOD}* Lunge sd L ckg, -, raising ld hnds rec R leading W to twrl LF, XLif (W lunge sd R ckg, -, twrl LF L, R,);
 - 2 *{new yorker}* Sd R w/ rise, -, thru L to fc RLOD, bk R to fc;
 - 3 *{1/2 basic/lady trn away}* Sd L, -, bk R, strong fwd L following lady (W sd R to slight V pos R hnd on M's chest, -, fwd L DRW trng ½ LF, sm bk R);
 - 4 *{fwd brk}* Joining ld hnds sd & fwd R, -, fwd L, bk R;
- 5-8 FENCELINE W/ ARMS 2X;; UNDERARM TURN; HIP LIFT TO CP:**
- 5-6 *{fenceline w/ arms 2x}* Blending to BFLY sd L sweeping trailing arms up & over, -, XRif hnds toward LOD, bk L returning to BFLY; Sd R sweeping arms up & over, -, XLif hnds toward RLOD, bk L returning to BFLY;
 - 7 *{undarm trn}* Sd L, -, XRIB lead W to trn RF und ld hnds, fwd L (W trng RF sd & fwd R, -, fwd L cont RF trn, rec R to CP);
 - 8 *{hip lift}* Sd R bringing L to R, -, w/ slight pressure lift R hip, lower hip;
- 9-12 TURNING BASIC;; CROSS BODY TO HND SHAKE; SHADOW NEW YORKER:**
- 9-10 *{trng basic}* Sd & fwd L w/ slight RF upper body trn, -, trng LF bk R w/ slip piv action, sd & fwd L to fc COH; Sd & fwd R, -, fwd L w/ contra ck action, rec R;
 - 11 *{x body}* Sd & bk L trng LF, -, bk R w/ slipping action, cont LF trn fwd L joining R hnds (W sd & fwd R, -, fwd L XIF of M trng LF, sm step sd R);
 - 12 *{shad NY}* Sd R w/ rise, -, thru L to fc RLOD, bk R to fc;
- 13-16 PARALLEL CROSS BODY 2X INTO A FACING FAN;;; OPEN BREAK:**
- 13-14 *{parallel X body 2x}* Keeping handshake sd L, -, bk R to fc LOD leading lady to Xif, rec L in slight L pos fcg LOD (W sd R, -, fwd L crossing IF of man, sd & bk R twd DLC trng ¼ LF to fc WALL); Fwd R, -, fwd L crossing IF of woman, sd & bk R twd DLC trng ½ LF to fc Wall (W sd L LOD leading M fwd, -, slip bk R to fc LOD, rec L to slight L pos);
 - 15 *{into fcg fan}* Keeping handshake sd L, -, rk bk R to fc LOD leading lady LOD changing hnds, rec fwd L to LOP LOD (W fwd R, -, fwd L trng LF, bk R to fc RLOD);
 - 16 *{op brk}* Sd R, -, bk L, rec R;

INTERLUDE

- 1-2 RIGHT PASS TO LOW BFLY WALL; HIP ROCKS:**
- 1 *{R pass}* Fwd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF fwd L to fc WALL (W fwd R look at ptr thru window, -, fwd L trng LF, bk R trng LF und jnd hnds to fc COH);
 - 2 *{hip rks}* Sd R roll hip sd & bk, -, rec L w/ hip roll, rec R w/ hip roll to low BFLY;
- 3-6 START A FAN INTO HOCKEY STICK (LADY SPIRAL);;; LUNGE BREAK:**
- 3 *{fan}* Sd L, -, bk R, rec sd L fcg WALL (W sd & fwd R, -, fwd L, bk R trng LF);
 - 4 *{start hockey stk}* Sd R, -, fwd L, bk R (W sm bk L to fan pos, -, cl R, fwd L);
 - 5 *{fin hockey stk}* Sd L & slightly bk, -, sd & fwd R w/slight RF trn, fwd L DRW (W fwd R [(optional spiral LF), -, fwd L, fwd R trng LF ½ und jnd hnds);
 - 6 *{lunge brk}* Sd & fwd R, -, lower on R extending L sd & slightly bk, rise on R bringing lady fwd (W sd & bk L, -, bk R contra ck sit line, rec fwd L);

REPEAT PART A**REPEAT PART B**ENDING

- 1-3 R PASS BLENDING TO CP WALL; SYNCOPATED HIP ROCKS (S&QQ); TO A RIGHT LUNGE:**
- 1 *{R pass}* Fwd L w/slight RF trn raise ld hnds to create window, -, XRib of L trn RF fwd L to fc WALL blending to CP (fwd R look at ptr thru window, -, fwd L trn LF, bk R trng LF und jnd hnds to fc COH);
- s&qq
- 2 *{sync hip rks}* Sd R, -, rec L/rec R, rec L;
 - 3 *{R lunge}* Sd & fwd R on soft knee look R (W look well L), -, hold, -;