

DOBRE STARE DNI

(GOOD OLD DAYS)

FUN

This dance was discovered in a ^{USA} Polish community by Glenn Q. Bannerman.

MUSIC: Record: Good Old Days: Smash 5-2010 or LP-MGS-27068
(The Third Time Around) 4/4 Meter.

FORMATION: Dancers may face anywhere in any posture they care to assume.

MUSIC 4/4

PATTERN

MeasuresI. SLAP AND POUND

- 1 Slap thighs with both hands twice (cts 1,&)
Clap hands twice (cts 2,&)
Palms down, cross R hand over L hand twice in front of body (cts 3,&)
Palms down, cross L hand over R hand twice in front of body (cts 4,&).
- 2 Hold fist with thumbs up and pound R fist on L fist twice (cts 1,&)
Same with L fist on R twice (cts 2,&)
Repeat cts 1 & 2 (cts 3 & 4)

II. HITCH HIKE

- 3 Hold R thumb stiffly out from fist and pass R ear in 8 jerking motions.
- 4 Same with L thumb.

III. SWIM

- 5 Do a motion with hands like a breast stroke in swimming, at same time, bending the knees and spreading the legs without moving the feet (cts 1&2&).
Repeat (cts 3&4&)

IV. LARIAT

- 6 Point R index finger and make tiny circle with it, 8 times moving in front of you towards back.
- 7 Repeat with L index finger.

V. GRAB THE FLY

- 8 Pluck pestiferous insect out of air with R hand (ct 1)
Place on palm of L hand (ct 2)
Squash it (ct 3)
Blow it off your hand, preferably in someone's face (ct 4)

Dance then repeats several times.

Presented by Bruce Mitchell