

Rock & Roll III

Choreo: Adrienne & Larry Nelson

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Record: "Hang Up My Rock & Roll Shoes", Atlantic OS13009 Artist: Chuck Willis

Flip of: "What Am I Living For"

Footwork: Opposite. Directions for man except where noted.

Rhythm: Jive Phase: III + 2 (Pretzel Turn & Spanish Arms)

Speed: 44

Sequence: Intro A A B A C A Ending

Release Date: January 2007

INTRO

[8 FEET APT HNDS ON HIPS] WAIT 2 MEAS;; SWIVEL WALK TOG 2 SLO & 4 QK [CP WALL];;

1-2 Wait;;

3-4 Swiveling on ball of ft fwd L, -, fwd R, -; Cont swivel action fwd L, R, L, R to CP WALL;

PART A

CHASSE L & R; CHG R TO L ~ CHG L TO R [BFLY WALL];;

1-4 **{Chasse L & R}** Sd L/cl R, sd L, sd R/cl L, sd R; **{Chg R to L}** Rk bk L to SCP/LOD, rec R, chasse L/R, L leading W to trn RF under lead hnds; chasse fwd R/L, R lead W to complete trn to LOP DLC, **{Chg L to R}** Rk apt L, rec R; chasse L/R, L trng 1/4 RF leading W to trn LF under raised lead hnds, chasse sd R/L, R to BFLY WALL;

SPANISH ARMS TWICE;;;

5-7 **{Spanish Arms}** Rk apt L, rec R start RF trn, chasse L/R, L trng 1/4 RF raising M's L & W's R hnds trng W LF under raised hnds end bhd W fcg RLOD; cont trng RF chasse fwd R/L, R trng W RF lowering raised hnds to BFLY COH, **{Spanish Arms}** Rk apt L, rec R start RF trn; chasse L/R, L trng 1/4 RF raising M's L & W's R hnds trng W LF under raised hnds end bhd W fcg LOD, cont trng RF chasse fwd R/L, R trng W RF lowering raised hnds to BFLY WALL;

CHG HNDS BHD BK [BFLY COH] ~ CHG L TO R [BFLY WALL];;

8-10 **{Chg Hnds Bhd Bk}** Rk apt L, rec R, plc R hnd over W's R hnd releasing L hnd hold chasse fwd L/R, L trng 1/4 LF; chg W's R hnd into L hnd bhd the bk chasse R/L, trng 1/4 LF to BFLY COH (W rk apt R, rec L, chasse fwd R/L, R trng 1/4 RF; cont trn chasse L/R, L trng 1/4 RF), **{Chg L to R}** Rk apt L, rec R; chasse L/R, L trng 1/2 RF leading W to trn LF under raised lead hnds, chasse sd R/L, R to BFLY WALL;

PROG RK 4; SD DRAW CL [CP WALL];

11-12 **{Prog Rk}** Drop hnds to waist level & use push--pull action apt L, XRIFL prog slightly LOD, apt L, XRIFL prog slightly LOD; **{Sd Draw CL}** Sd L to LOD, draw R to L, cont draw, cl R to CP WALL;

REPEAT PART A [ENDING SCP LOD]

PART B

[SCP LOD]2 FWD TRIPLES; SWIVEL WALK 4; THROWAWAY [LOP LOD]; KICK/BALL CHG TWICE :

1-4 **{2 Fwd Triples}** Fwd L/R, L, Fwd R/L, R; **{Swivel Walk 4}** Fwd L trng W LF, fwd R trng W RF, fwd L trng W LF, fwd R trng W RF (W does swiveling action); **{Throwaway}** Chasse fwd L/R, L trng W LF (W like a tuck) lower jnd hnds lean slightly to L, chasse fwd R/L, R leading W to move away to LOP LOD; **{Kick/Ball Chg Twice}** Kick L foot fwd/take wt on ball of L, replace wt to R, Kick L foot fwd/take wt on ball of L, replace wt to R;

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PART B

LINK RK [CP WALL] ~ FALLAWAY RK;;; RK BK REC FWD FC [CP WALL]:

5-8 {Link Rk} Rk bk L, rec R, chasse fwd L/R, L; chasse sd R/L, R (W bk R, rec L, chasse fwd R/L, R; chasse sd L/R, L) to CP WALL, {Fallaway Rk} Rk bk L to SCP LOD, rec R to CP WALL; chasse sd L/R, L, sd R/L, R (W bk R to SCP LOD, rec L to CP WALL; chasse sd R/L, R, sd L/R, L); {Rk Bk Rec Fwd Fc} Rk bk L to SCP LOD, rec R, fwd L to LOD, fwd R trng to fc ptr CP WALL;

REPEAT PART A

PART C

PRETZEL TRN ~ KICK KICK;; FINISH PRETZEL TRN ~ RK BK REC 2X {SCP LOD};;

1-4 {Pretzel Trn} Rk bk L to SCP LOD, rec R to fc ptr, chasse sd & fwd L/R, L trng 1/2 RF keeping M's L & W's R hnds jnd; Chasse sd & fwd R/L, R trng 1/4 RF to end sd-by-sd with M's L & W's R hnds jnd bhd bks, {Kick Kick} Kick L foot fwd twice;; {Finish Pretzel} Chasse sd & bk L/R, L trng 1/2 LF, Chasse sd & bk R/L, R trng 1/4 LF to SCP LOD; {Rk Bk Rec 2X} Rk bk L, rec R, rk bk L, rec R to SCP LOD;

2 FWD TRIPLES; SWIVEL WALK 4 [BFLY/WL]; VINE 8 [CP WALL];;

5-8 {2 Fwd Triples} Fwd L/R, L; Fwd R/L, R; {Swivel Walk 4} Fwd L trng W LF, fwd R trng W RF, fwd L trng W LF, fwd R trng W RF (W does swiveling action) to BFLY WALL; {Vine 8} Sd L, XRIBL, sd L, XRIFL; Sd L, XRIBL, sd L, XRIFL to CP WALL;

REPEAT PART A

ENDING

[CP WALL] STEP KICK 2 X; AWAY KICK, FACE TOUCH; SIDE STAIR 2X ;;

1-2 {Step Kick 2X} Stp L, kick R, stp R, kick L; Stp fwd & slightly away from ptr on L, kick R DLC, stp R to fc ptr, tch L;

3-4 {Sd Stair 2X} Sd L, cl R, fwd L, cl R; Sd L, cl R, fwd L, cl R;

[SCP] 2 FWD TRIPLES; POINT STEP 2X;

5-6 {2 Fwd Triples} Fwd L/R, L, fwd R/L, R; {Point Step 2X} Pt L, stp L, pt R, stp R;

POINT & FREEZE ;

7 {Point & Freeze} Pt L & hold, -, -, -;