

ROCK & SWING

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Music: „Mambo Rock“ by Bill Haley & The Comets, Latin Classics Vol.3 - or Download from Casa Musica [2:34 min.](#)
Rhythm & Phase: Single Swing, Phase III + 2 (Pretzel Trn, Windmill)
Footwork: opposite unless noted (Woman's footwork in parentheses)
Sequence: Intro – A – B – A – C – B – A – Cmod1 – B – A – Cmod2 – A – Ending

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INTRODUCTION

1-4 WAIT 2 MEAS ; ; STEP APART & POINT ; STEP TOGETHER & TOUCH TO CP ;

- 1-2 {Wait 2} In OP FCG WALL wait, -, -, - ; Wait, -, -, - ;
3 {Apt & Pt (S-)} Stp apt L, -, pt R ft twd ptr, - ;
4 {Stp to CP & Tch (S-)} Rec fwd R, -, tch L to R to CP WALL, - ;

5-8 CHANGE PLACES RIGHT TO LEFT – LINK ROCK TO BFLY ; ; ; PROGRESSIVE ROCK 4 ;

- 5-7 {Chg R to L} In CP WALL rk bk L to SCP LOD, rec R, stp fwd & sd L raisg jnd ldhnds, - ;
Leadg W to spin RF undr jnd ldhnds stp sd R to LOP FCG LOD, -,
(W rk bk R to SCP LOD, rec L, stp fwd & sd R, - ; Spinning RF undr jnd hnds stp bk L to LOP FCG, - ;)
{Link Rk to BFLY} In LOP FCG rk apt L, rec R ; Stp tog L, -, trng RF to CP WALL stp sd R, - ;
8 {Prog Rk 4} Blendg to BFLY & progressg down LOD rk apt L, XRif, rk apt L, XRif ;

PART A

1-4 SIDE, TOUCH, SIDE, - ; DOUBLE ROCK ; SIDE, TOUCH, SIDE, - ; DOUBLE ROCK ;

- 1 {Sd Tch Sd} Blendg to CP WALL stp sd L, tch R to L, stp sd R twd RLOD, - ;
2 {DbI Rk} Rk bk L to SCP, rec R, rk bk L, rec R to CP WALL ;
3 {Sd Tch Sd} In CP WALL repeat meas 1 of Part A ;
4 {DbI Rk} Repeat meas 2 of Part A ;

5-8 SIDE, TOUCH, SIDE, - ; PRETZEL TURN ; ; ;

- 4-6 {Sd Tch Sd} In CP WALL repeat meas 1 of Part A ;
{Pretzel Trn} Rk bk L to SCP, rec R to fc ptr, sd L trng ½ RF (W LF) to Bk-Bk pos
w/ldhnds jnd, - ; Sd R trng RF (W LF) nearly to fc LOD w/ldhnds still jnd bhnd back, -,
rk fwd L twd LOD w/trlhnds extended twd LOD, rec bk R trng LF (W RF) to Bk-Bk pos ;
Sd L trng LF (W RF) to fc ptr, -, sd R to CP WALL, - ;

PART B

1-3 CHANGE PLACES RIGHT TO LEFT – CHANGE PLACES LEFT TO RIGHT ; ; ;

- 1-3 {Chg R to L} In CP WALL rk bk L to SCP LOD, rec R, stp fwd & sd L raisg jnd ldhnds, - ;
Leadg W to spin RF undr jnd ldhnds stp sd R to LOP FCG LOD, -,
(W rk bk R to SCP LOD, rec L, stp fwd & sd R, - ; Spinning RF undr jnd hnds stp bk L to LOP FCG, - ;)
{Chg L to R} In LOP FCG LOD rk apt L, rec R ; Leadg W to trn LF undr jnd ldhnds stp sd L trng RF, -,
sd R to LOP FCG WALL, - ;
(W rk bk R, rec L ; Trng LF undr jnd ldhnds fwd R to fc ptr, -, sd L, - ;)

4-6 LINK ROCK – ROCK, RECOVER, WALK 2 ; ; ;

- 4-6 {Link Rk} In LOP FCG WALL rk apt L, rec R, stp tog L, - ; Stp sd R to CP WALL, -,
{Rk, Rec, Walk 2} Rk bk L to SCP LOD, rec fwd R ; Stp fwd L, -, fwd R still in SCP LOD, - ;

7-8 SLOW ROCK THE BOAT TWICE TO FACE ; ;

- 7-8 {Slow Rk The Boat} In SCP LOD stp fwd L w/straight knee leang fwd, -,
with rockg motion & relaxed knees cl R to L leang bwd, - ; Repeat meas 7 of Part B to fc WALL ;

PART C

1-3 FALLAWAY THROWAWAY – LINK ROCK TO BFLY LOD ; ; ;

- 1-3 {Falwy Thrwy} Rk bk L to SCP, rec R, stp fwd & sd L leadg W to trn ½ LF, - ;
Sd & fwd R to LOP FCG LOD, -,
(W rk bk R, rec L, fwd R trng ½ LF, - ; Sd & bk L to fc ptr & RLOD, - ;)

- ; {Link Rk to BFLY} In LOP FCG rk apt L, rec R ; Stp fwd L twd ptr, -, stp sd R to BFLY stay fcg LOD,

4-7 DOUBLE ROCK APART ; WINDMILL TURN ; DOUBLE ROCK APART ; WINDMILL TURN ;

- 4 {Dbl Rk Apt} In BFLY LOD rk apt L, rec fwd R, rk apt L, rec fwd R start trng LF ;
- 5 {Windmill Trn} Trng LF stp fwd L Xif of R, -, sd R compl ½ LF trn to BFLY RLOD, - ;
- 6 {Dbl Rk Apt} In BFLY RLOD repeat meas 4 of Part C ;
- 7 {Windmill Trn} Repeat meas 5 of Part C but start BFLY RLOD and end BFLY LOD ;

8-10 CHANGE PLACES LEFT TO RIGHT – LINK ROCK TO BFLY ; ; ;

- 4-6 {Chg L to R} Releasg trlhnds rk apt L, rec R, stp sd L trng RF leadg W to trn LF undr jnd ldhnds, - ;
sd R to LOP FCG WALL, -,
(W rk apt R, rec L, stp fwd R trng LF undr jnd ldhnds to fc ptr, - ; Stp sd L, -;)
{Link Rk to BFLY} In LOP FCG rk apt L, rec R ; Stp fwd L twd ptr, -, sd R to BFLY WALL, - ;

11-12 PROGRESSIVE ROCK 4 ; SIDE, DRAW, CLOSE, - ;

- 11 {Prog Rk 4} Repeat meas 8 of Intro ;
- 12 {Sd Draw Cl} Stp sd L, draw R to L, cl R to L to CP WALL, - ;

PART CMOD1

1-3 FALLAWAY THROWAWAY – CHANGE HANDS BEHIND THE BACK ; ; ;

- 1 {Falwy Thrwy} Rk bk L to SCP, rec R, stp fwd & sd L leadg W to trn ½ LF, - ;
Sd & fwd R to LOP FCG LOD, -,
(W rk bk R, rec L, fwd R trng ½ LF, - ; Sd & bk L to fc ptr, -;)
- 2 {Chg Hnds Bhnd Back} Rk apt L, rec R ; Fwd L start trng LF & placg R hnd over W's R hnd trng LF to
TANDEM pos fcg COH W bhnd M, -, stp sd & bk R trng LF placg L hnd bhnd back &
transferring W's R hnd to M's L hnd to LOP FCG RLOD, - ;
(W rk apt R, rec L ; Fwd R start trng RF to TANDEM bhnd M, -, sd & bk L trng RF to fc ptr & LOD, - ;)

4-6 CHANGE PLACES LEFT TO RIGHT – LINK ROCK FACE COH ; ; ;

- 1 {Chg L to R} In LOP FCG RLOD rk apt L, rec R, leadg W to trn LF undr jnd ldhnds stp sd L trng RF, - ;
Stp sd R to LOP FCG COH, -,
(W rk bk R, rec L, trng LF undr jnd ldhnds fwd R to fc ptr, - ; Stp sd L, -;)
- 2 {Link Rk} In LOP FCG rk apt L, rec R ; Stp tog L, -, sd R to CP COH, - ;

7-9 RIGHT TURNING FALLAWAY – FALLAWAY ROCK ; ; ;

- 1 {R Trng Falwy} Blendg to SCP RLOD rk bk L, rec R to fc ptr, trng ¼ RF sd L, - ;
Trng ¼ RF sd R to CP WALL, -;
- 2 {Falwy Rk} Rk bk L to SCP LOD, rec R to CP WALL ; Stp sd L, -, to RLOD sd R, - ;

10-12 PROGRESSIVE ROCK 8 ; ; SIDE, TOUCH, SIDE, - ;

- 10-11 {Prog Rk 8} Blendg to BFLY repeat meas 8 of Intro ; Repeat meas 8 of Intro again ;
- 2 {Sd, Tch, Sd} Repeat meas 1 of Part A ;

PART CMOD2

1-3 FALLAWAY THROWAWAY – LINK ROCK TO BFLY LOD ; ; ;

- 1-3 Repeat meas 1-3 of Part C ; ; ;

4-7 DOUBLE ROCK APART ; WINDMILL TURN ; DOUBLE ROCK APART ; WINDMILL TURN ;

- 4-7 Repeat meas 4-7 of Part C ; ; ;

8-12 CHANGE PLACES LEFT TO RIGHT – LINK ROCK TO BFLY ; ; ; PROGRESSIVE ROCK 8 ; ;

- 8-10 Repeat meas 8-10 of Part C ; ; ;
- 11-12 {Prog Rk 8} Repeat meas 8 of Intro ; Repeat meas 8 of Intro again ;

ENDING

1-2 PROGRESSIVE ROCK 4 ; SIDE, TOUCH, POINT SIDE, - ;

- 1 {Prog Rk 4} Repeat meas 8 of Intro ;
- 2 {Sd, Tch, Pt Sd} Stp sd L, tch R to L, pt R ft sd twd RLOD extendg trlarm twd RLOD, - ;

Suggested Cues:

Intro Wait 2;; Apt, Pt; Tog, Tch; Chg R to L – Link Rk BFLY;;; Prog Rk 4;

A Sd, Tch, Sd, -; Dbl Rk; Sd, Tch, Sd, -; Dbl Rk;
Sd, Tch, Sd, -; Pretzel Trn;;;

B Chg R to L – Chg L to R;;;
Link Rk – Rk, Rec; Walk 2;
Slow Rk The Boat; 2x to Fc;

A Sd, Tch, Sd, -; Dbl Rk; Sd, Tch, Sd, -; Dbl Rk;
Sd, Tch, Sd, -; Pretzel Trn;;;

C Falwy Thrwy – Link Rk BFLY stay Fc LOD;;;
Dbl Rk Apt; into Windmill; Dbl Rk Apt; into Windmill;
Chg L to R – Link Rk BFLY;;; Prog Rk 4; Sd Draw Cl to CP;

B

A

C_{mod1} Falwy Thrwy – Chg Hnds Bhnd Bk;;; Chg L to R Fc COH – Link Rk COH;;;
R Trng Falwy – Falwy Rk;;; Prog Rk 8;; Sd, Tch, Sd, -;

B

A

C_{mod2} Falwy Thrwy – Link Rk BFLY stay Fc LOD;;;
Dbl Rk Apt; into Windmill; Dbl Rk Apt; into Windmill;
Chg L to R – Link Rk BFLY;;; Prog Rk 8;;

A

End Prog Rk 4; Sd Tch Pt;

