

Rock 'n' Roll Medley

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MUSIC: CD STAR # 164 available from Palomino

RHYTHM: Jive **PHASE:** RAL Ph IV+2[whip trn, chasse roll] +1 unph [slingshot] **TIMING:** as noted in left margin

FOOTWORK: Opposite, except where noted for woman in parentheses **Recommended Speed:** slow to suit

SEQUENCE: INTRO-A-B-C-D-C-Bridge-E-Ending **Release Date:** May 2005

INTRO

1-2 WAIT;;

1-2. Wait 2 meas in SCP/LOD;;

PART A

1-4 RK to JIVE WKS ~ SWIVEL 4 CHKG TO ~ RIGHT TRNG FALLAWAY;;;;

123a4 1 {jv wks} rk bk L in scp, rec R, fwd L/cl R, fwd L;

1a234 2 fwd R/cl L, fwd R {swvl 4} [still in scp] fwd on ball of L directly in frnt of R swivel LF, fwd on ball of R swvl RF;

1234 3 fwd on ball of L in frnt of R swivel LF, fwd on ball of R swvl RF, {r trng fallawy} rk bk L in scp, rec R to fc;

1a23a4 4 trng ¼ RF sd L in frnt of ptr across lod/cl R, sd L, trng ¼ RF sd R/cl L, sd R; CP/COH

5--8 RK to JIVE WKS ~ SWIVEL 4 CHKG TO ~ RIGHT TRNG FALLAWAY;;;;

5-8 moving down RLOD repeat meas 1-4 ;;;; to end CP/WALL

9-12 PRETZEL TRN to low BFLY;;; DBL RK APT to OP;

123a4 9 {pretzl trn} rk bk L in scp, rec R trng to fc ptr, chasse sd L/cl R, sd L;

1a234 10 release trl hnds trn ½ RF (LF) to bk to bk pos ld hnds jnd beh bk chasse sd R/cl L, sd R, XLIF of R twd LOD extd trl hnd

ptg fwd, rec R;

1a23a4 11 in bk to bk pos chasse sd L/cl R, sd L, trng ½ LF (RF) to fc ptr chasse sd R/cl L, sd R; to low BFLY/WALL

1234 12 {dbl rk apt} rk bk L, rec R, rk bk L, rec R trng to OP/LOD;

PART B

1-4 SLOW CIRCLE APART IN 4;; SLOW TOG IN 4 to BFLY;;

1-2-3-4- 1-2 {slo circle awy 4} [curving slghtly LF twd COH (RF twd WALL) pl each ft directly in frnt of the other & wave free hnd]

fwd L, -, fwd R, -; fwd L, -, fwd R, -;

1-2-3-4- 3-4 {tog 4} trn to fc ptr fwd L, -, fwd R, -; fwd L, -, fwd R, -; BFLY/WALL

5-8 SLOW TWIST VINE 4;; 2X to SCP;;

1-2-3-4- 5-6 {slo twist vine 4} sd L, -, XRIB (XLIF) to SDCAR, -; sd L, -, XRIF (XLIB) to BJO, -;

1-2-3-4- 7-8 sd L, -, XRIB (XLIF) to SDCAR, -; sd & fwd L, -, cl R trng to scp, -; SCP/LOD

9-12 PRETZEL TRN to LOW BFLY;;; DBL RK APT to SCP;

9-12 Repeat 9-12 PART A;;; but end in SCP/LOD

PART C

1-4 CHG PLACES R to L ~ CHG L to R to SCP;;; KICK BALL CHG 2X;

- 123a4 1 {**chg pl r to l**} rk bk L in scp, rec R, sd L/cl R, sd L trng ¼ LF raising jnd ld hnds;
(rk bk R in scp, rec L, sd R/cl L, fwd R trng RF undr ld hnds;)
1a234 2 sd & fwd R/cl L, sd R (cont RF trn to fc ptr sd L/cl R, sd L) to LOP/LOD {**chg l to r**} rk bk L, rec R;
1a23a4 3 sd L/cl R, sd L trng ¼ RF lead w to trn LF undr jnd ld hnds, sd R/cl L, sd R trn to scp; SCP/LOD
1a23a4 4 {**kick ball chg**} kick L fwd/ take wgt on ball of L besd R, replace R, kick L fwd /take wgt on ball of L besd R, replace R;

5-8 SLOW ROCK THE BOAT TWICE;; 2 FWD TRIPLES; ROLL 2 SD CLOSE to BFLY;

- 1-2-3-4 5-6 {**rk the boat**} fwd L w/straight knee leaning fwd, -, relax knees cl R leaning bkwd, -, repeat meas 5;
1a23a4 7 {**2 fwd triples**} fwd L/cl R, fwd L, fwd R/cl L, fwd R;
1234 8 {**roll 2 sd cl**} fwd & sd L rolling LF (RF), cont trng bk & sd R to fc ptr, sd L, cl R; BFLY/WALL

9-12 WINDMILL TWICE;;; DBL RK APT;

- 123a4 9 {**windmill 2x**} rk bk L, rec R, fwd L/cl R, fwd & sd L trng ¼ LF; (rk bk R, rec L trng ¼ LF, sd R/cl L, sd R trng ¼ LF;)
1a234 10 sd R/cl L, sd R trng ¼ LF BFLY/COH, rk bk L, rec R;
1a23a4 11 fwd L/cl R, fwd L trng ¼ LF, sd R/cl L, sd R trng ¼ LF; low BFLY/WALL
12 repeat meas 12 PART A; end fcg ptr & WALL release hndhold

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PART D

1-4 BK CLOSE & SHIMMY DOWN & UP;; FWD CLOSE & SHIMMY DOWN & UP;;

- a1 - - - 1-2 {**bk cl & shimmy**} on "shake" bk L/cl R, -, , ; on "rattle" shimmy shdrs lower on relaxd knees, -, , on "roll" rise - ;
a1 - - - 3-4 {**fwd cl & shimmy**} fwd L/cl R, -, , ; on "rattle" shimmy sh'drs lower no chg of wgt, -, , on "roll" rise, - ;

5-8 TRN ARND BK to BK & SHIMMY DOWN & UP;; TRN to SCP & SHIMMY DOWN & UP ;;

- a1 - - - 5-6 {**trn arnd & shimmy**} sd L trng ½ LF (RF) bk to bk/cl R, -, , ; relax knees shimmy sh'drs no chg of wgt on "rattle" lower, -, , on "roll" rise, - ;
a1 - - - 7-8 {**trn scp, shimmy**} sd L trng ½ LF (RF) to scp/cl R -, , ; shimmy sh'drs no chg of wgt on "rattle" lower, -, , on "roll" rise, - ;

9-12 FALLAWAY THROWAWAY ~ LINK RK to DBL WHIP TRN;;;;

- 123a4 9 {**fallaway throway**} rk bk L in scp, rec R, sd L/cl R, sd L trng LF; (rk bk R, rec L, pick up R/L, R;) to LOP/LOD
1a234 10 sd R/cl L, sd R, {**link rk to dbl whip trn**} rk bk L, rec R;
1a234 11 sm fwd L/cl R, fwd L trng ¼ RF, XRIB of L(sd & fwd L trng RF), cont trn sd L(fwd R betw m's ft);
123a4 12 trng RF XRIB of L(sd L), cont trn to fc wall sd L(fwd R betw m's ft), sd R/cl L, sd R; LOP fcg WALL

REPEAT PART C

BRIDGE

1-4 BK CLOSE [hnds on hips], HOLD; FWD CLOSE to SCP, HOLD; SLOW SLING, SHOT; CONT FWD CHASSE CHKG TO;

- a1 --- 1 {bk cl} release hndhold bk L/cl R pl hnds on hips, hold, -;
a1 --- 2 {fwd cl to scp} fwd & sd L/cl R to scp, hold looking intently down lod like getting ready to race, -;
SCP/LOD
1-2- 3 {sling shot} fwd L on relaxd knee extd arms & look at ptr, -, rec R to scp, -; (bk R let arms extd, -, rec L, -);
bk to SCP/LOD
1a2a3a4a 4 {cont fwd chasse} chasse fwd L/R, L/R, L/R, L/R;

PART E

1-4 RK & CHASSE ROLL;; [fc rev] RK & CHASSE ROLL;;

- 123a4 1 {chasse roll} rk bk L to scp, rec R to fc, chasse sd L/cl R, sd L release hndholds trn ½ RF (LF) to bk to bk pos;
1a23a4 2 chasse sd R/cl L, sd R trn ½ to fc, chasse sd L/cl R, sd L trng to fc rlod; to ½ OP/RLOD
3-4 repeat meas 1-2 start fcg RLOD with trl ft;; end SCP/LOD with ld ft free

5-8 RIGHT TRNG FALLAWAY~JIVE WKS;;; SWIVEL 4 CHKG TO;

- 123a4 5 {r trng fallawy} rk bk L in scp, rec R to fc, trng ¼ RF sd L in frnt of ptr across lod/cl R sd L;
1a234 6 trng ¼ RF sd R/cl L, sd R to CP/COH, {jv wks} rk bk L in scp, rec R;
1a23a4 7 fwd L/cl R, fwd L, fwd R/cl L, fwd R;
1234 8 {swvl 4} fwd on ball of L directly in frnt of R swvl RF, fwd on ball of R swvl LF, fwd on ball of L in frnt of R swvl RF,
fwd on ball of R swvl LF;

9-12 RK & CHASSE ROLL;; [fc lod] RK & CHASSE ROLL;;

- 9-12 Repeat 1-4 PART E start in ½ OP fcg RLOD ;;;; end in ½ OP fcg RLOD

ENDING

1-4 RIGHT TRNG FALLAWAY, HOLD;; 2 FWD TRIPLES; SWIVEL 4;

- 123a4 1 {r trng fallawy, hold} rk bk L to scp, rec R to fc, trng ¼ RF sd L in frnt of ptr across lod/cl R sd L;
1a2 -- 2 trng ¼ RF sd R/cl L, sd R to CP/WALL, hold, -;
1a23a4 3 {2 fwd triples} fwd L/cl R, fwd L, fwd R/cl, fwd R;
4 repeat meas 8 PART E;

5-7 SLOW SLING -, SHOT; FWD TRIPLE, STEP, PT; & WAVE - ;

- 5 repeat meas 3 BRIDGE;
1a234 6 {1 triple, step pt} fwd L/cl R, fwd L, step fwd R trng to fc ptr, pt L sd & wave ld hnd;
--- 7 cont waving, -, -, -;

Rock'n Roll Medley - Quick Cues

(Des & Ruth Cunningham)

Jive Phase IV+2+1 unph [whip trn, chasse roll + slingshot]

INTRO: IN SCP/LOD WAIT 2;;

A

RK to JV WKS ~ SWIVEL 4 CHKG TO ~ R TRNG FALLAWY;;;;

RK to JV WKS ~ SWIVEL 4 CHKG TO ~ R TRNG FALLAWY;;;;

PRETZEL TRN to BFLY;;; DBL RK APT to OP;

B

SLOW CIRCLE AWY in 4 [WAVE];; SLOW TOG in 4 to BFLY ;;

SLOW TWIST VINE 4 ;; AGAIN;; to SCP

PRETZEL TRN to BFLY ;;; DBL RK APT to SCP;

C

CHG PL R to L ~ CHG L to R to SCP;;; KICK BALL CHG TWICE;

SLOW RK the BOAT; 2X; 2 FWD TRIPLES; ROLL 2 SD CLOSE to BFLY;

WINDMILLS 2X;;; DBL RK APT;

D

BK CLOSE & SHIMMY DOWN & UP;; FWD CLOSE & SHIMMY DOWN & UP;;

TRN ARND BK to BK, SHIMMY DOWN & UP;; TRN to FC in SCP, SHIMMY DOWN & UP;;

FALLAWY THROAWY ~ LINK to DBL WHIP TRN ;;;;

C

CHG PL R to L ~ CHG L to R to SCP;;; KICK BALL CHG TWICE;

SLOW RK the BOAT; 2X; 2 FWD TRIPLES; ROLL 2 SD CLOSE to BFLY;

WINDMILLS 2X;;; DBL RK APT;

BRIDGE

BK CLOSE [hnds on hips], HOLD - ; FWD CLOSE to SCP, HOLD - ;

SLOW SLING -, SHOT -; CONTINUOUS FWD CHASSE CHKG TO;

E

RK & CHASSE ROLL;; [fc rev] RK & ROLL;;

R TRNG FALLAWY ~ RK to JV WKS;;; SWVL 4 CHKG TO;

RK & CHASSE ROLL;; [fc lod] RK & ROLL;;

END

R TRNG FALLAWY & HOLD;; 2 FWD TRIPLES; SWIVEL 4;

SLOW SLING -, SHOT -; FWD TRIPLE, STEP PT & WAVE; -