

Rock & Roll III

Choreo: **Adrienne & Larry Nelson** E-mail: **Inelson888@juno.com**
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Record: "Hang Up My Rock & Roll Shoes", Atlantic OS13009 Artist: Chuck Willis
Flip of: "What Am I Living For" Album: "I Remember Chuck Willis" or "C.C. Rider" or others
Download available at Walmart.com, Puretracks.com and others
Footwork: Opposite. Directions for man except where noted. Time of song @ 100% = 2:21
Rhythm: Jive Phase: III + 2 (Pretzel Turn & Spanish Arms) PNTSDF Speed: 45 or 100%
Sequence: Intro A A B A C A Ending Release Date: January 2007

INTRO

[8 FEET APT] 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; During swivel walks the foot that is stepping should go in front of the weighted foot as per RAL definition. Also, handwork and armwork during Intro is dancer's choice.

PART A

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

- 1-4 {Chasse L & R} SdL/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 tn, 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 tn; 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] (Use RAL current definition) ~ 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} In BFLY use push-pull action apt L, XRIFL (W XLIFR) prog slightly LOD, apt L, XRIFL (W XLIFR) prog slightly LOD; {Sd Draw CL} Sd L to LOD, draw R to L, cl R to CP WALL, -;

REPEAT PART A [ENDING SCP LOD]

PART B

[SCP LOD]2 FWD TRIPLES; SWIVEL WALK 4; THROWAWAY [LOP-FCG 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 (both do swiveling action with stepping foot in front of weighted foot); {Throwaway} Chasse fwd L/R, L trng W LF (W uses dancer's choice of styling) lower jnd hnds lean slightly to L, chasse fwd R/L, R leading W to move away to LEFT OPEN FACING 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 trng to fc ptr to CP WALL, cl R;

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); {Vine 8} Staying in a LOOSE CP 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, kck R, stp R, kck L; Stp fwd & slightly away from ptr to OPEN LOD on L, kick R DLC, fc R to CP WALL, tch L;

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

[SCP LOD] 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, -, -, -;

YOU DON'T WEAR BLUE SO WELL

CHOREO.: Susan Healea
ADDRESS: 2803 Louisiana St., Longview, WA 98632
MUSIC: "You Don't Wear Blue So Well" by The Statlers
 CD: "Pardners in Rhyme" by The Statlers
 Also available at various Internet download sites
FOOTWORK: Opposite, directions to man, except where noted
SEQUENCE: INTRO-A-B-A-B-A-END

PHONE: 360-423-7423
EMAIL: mscue@iinet.com
RAL PHASE: III
RHYTHM: Waltz
SPEED: 45 rpm or 100%
TIME: 2:32 @ 100%
REL. DATE: October, 2007

MEAS.**INTRODUCTION****1-4 2 MEAS WAIT OPFCG WALL;; APART POINT; SPIN MANEUVER;**

1-2 In OPFCG WALL wait 2 meas;;

3-4 From OPFCG WALL bk L (W bk R), point R twd ptr, -; releasing hand hold fwd R commencing RF trn, con't RF trn to face ptr sd L, cl R (W spins LF L, R, L) to CP DRC;

PART A**1-4 SPIN TURN; BOX FINISH TO CP LOD; PROG BOX;;**

1-2 From CP DRC bk L pivoting ½ RF, fwd R between W's feet heel to toe rising and leaving L leg extended bk & sd, rec sd & bk L (W fwd R between M's feet heel to toe pivoting ½ RF, bk L toe brush R to L, sd & fwd R) to CP DLW; bk R, sd L trng 1/8 LF to CP LOD, cl R;

3-4 In CP LOD fwd L, sd R, cl L; fwd R, sd L, cl R;

5-8 TURN LEFT & RIGHT CHASSE TO BJO; BK, BK LOCK BK; IMPETUS TO SCP LOD; FWD FC CL TO CP WALL;

5-6 From CP LOD fwd L commence LF upper body turn, sd R con't turn/close L, sd R complete turn to BJO DRC; bk L, bk R/lock L in front of R (W lock R in bk of L), bk R;

7-8 From BJO DRC bk L commencing RF trn, cl R [heel trn] con't RF trn, fwd L (W fwd R beside M's feet heel to toe pivoting ½ RF, sd & fwd L con't RF trn around M brush R to L, fwd R) to SCP LOD; fwd R, fwd & sd L trng to CP WALL, cl R;

9-12 HOVER; WING TO SCAR DLC; WHEEL 6 LF TO SCAR DLW;;

9-10 From CP WALL fwd L, fwd & sd R rising to ball of foot, rec L to tight SCP DLC; fwd R, draw L twd R, tch L to R trng upper part of body LF with L sd stretch (W fwd L beg to cross in front of M commence trng slightly LF, fwd R around M con't to trn slightly LF, fwd L around M complete slightly LF trn) to SCAR DLC;

11-12 Staying in SCAR wheel LF as a couple fwd L, R, L; R, L, R to SCAR DLW;

PART B**1-4 CROSS HOVER TO BJO; CROSS HOVER TO SCAR; CROSS HOVER TO SCP; FWD FC CL TO CP WALL;**

1-2 From SCAR DLW fwd L, fwd & sd R with slight rise commencing LF trn, rec fwd L completing LF trng to BJO DLC; fwd R, fwd & sd L with slight rise commencing RF trn, rec fwd R completing RF trng to SCAR DLW;

3-4 From SCAR DLW fwd L, fwd & sd R with slight rise commencing LF trn, rec fwd L to SCP LOD; fwd R, fwd & sd L to CP WALL, cl R;

5-8 WHISK; THRU CHASSE TO SCP; THRU CHASSE TO BJO; MANEUVER;

5-6 From CP WALL fwd L, fwd & sd R rising to ball of foot, xLibR con't to full rise on ball of foot to tight SCP LOD; thru R commence trn to fc, sd L/close R, sd to SCP LOD;

7-8 From SCP LOD thru R commence trn to fc, sd L/close R, sd to BJO DLW; fwd R commencing RF trn, con't RF trn to face ptr sd L, cl R (W bk L commencing RF trn, con't RF trn to fc ptr sd R, cl L) to CP DRC;

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Phase III Waltz by Susan Healea

PART B CON'T

9-12 PIVOT 3 TO SCP LOD; THRU HOVER TO BJO; BACK HOVER TO SCP; FWD FC CL TO CP WALL;

- 9-10 From CP DRC commence RF upper body trn & step bk L trng RF 3/8 leaving R leg extended in front, fwd R between W's feet heel to toe trng RF 1/4, fwd L with L shlder lead (W commence RF upper body trn & step fwd R between M's feet heel to toe trng RF 3/8 leaving L leg extended behind, bk L trng RF 3/8 leaving R leg extended in front, complete RF trn & step fwd R) to SCP LOD; fwd R, fwd L rising & commencing slight LF upper body turn, rec bk (W fwd L, fwd R rising & brushing L to R while trng LF, rec fwd L) to BJO LOD;
- 11-12 From BJO LOD bk L, bk & sd R with a slight rise, rec fwd L (W fwd R, sd & fwd L rising & brushing R to L while trng RF, rec fwd R) to SCP LOD; fwd R, fwd & sd L trng to CP WALL, cl R;

13-16 LEFT TURNING BOX $\frac{3}{4}$ TO CP RLOD;;; BACK WALTZ TO CP DRC;

- 13-16 In CP WALL fwd L trng $\frac{1}{4}$ LF to fc LOD, sd R, cl L; bk R trng $\frac{1}{4}$ LF to fc COH, sd L, cl R; fwd L trng $\frac{1}{4}$ LF to fc RLOD, sd R, cl L; bk R, bk & slightly sd L to CP DRC, cl R;

ENDING

1-4 CROSS HOVER TO BJO; CROSS HOVER TO SCAR; CROSS HOVER TO SCP; CHAIR & HOLD;

- 1-2 From SCAR DLW fwd L, fwd & sd R with slight rise commencing LF trn, rec fwd L completing LF trng to BJO DLC; fwd R, fwd & sd L with slight rise commencing RF trn, rec fwd R completing RF trng to SCAR DLW;
- 3-4 From SCAR DLW fwd L, fwd & sd R with slight rise commencing LF trn, rec fwd L to SCP LOD; fwd R lunge step, -, -;

INTERMEDIATE DIVISION - 2008 RHYTHMS

(Approved January 5, 2008)

GENERAL TERMS & MOVEMENTS

Acknowledge	Slip
Across	Swivel Walk
Back	Quick
Buzz	Side
Change Point	Slow
Figure 8	Solo
Forward	Turn In
Heel Turn	Turn Out

DIRECTIONS

COH, LOD, RLOD, WALL,
DLC, DLW, DRC, DRW

POSITIONS

Back to Back	Left Open Facing
Banjo	Open
Butterfly	Open Facing
Closed	Semi-closed
Facing	Sidecar
Left Open	Wrapped

ACTIONS

Bow	Rise
Brush	Shake
Bump	Spin
Curtsy	Stamp
Dishrag	Swing
Draw	Swivel
Fan	Tap
Flare	Toe
Flick	Touch
Heel	Twist
Hook	Unwrap
Kick	Wiggle
Knee	Wrap
Lift	
Pivot	
Point	

INTERMEDIATE DIVISION - 2008 RHYTHMS

(Approved January 5, 2008)

WALTZ FIGURES

Everything in the BASIC list, plus:

Back, Back Lock Back
Box Finish
Chair
Chasse
Forward Chasse
Thru Chasse to BJO
Thru Chasse to SCP
Turn Left and Right Chasse
Forward, Forward Lock Forward
Hover
Back Hover
Cross Hover
Forward Hover
Hover Fallaway
Thru Hover
Impetus to SCP
Slip Pivot
Spin Turn
Whisk
Wing

ADDITIONAL FIGURES FROM COMPULSORY DANCE: NONE

INTERMEDIATE DIVISION - 2008 RHYTHMS

(Approved January 5, 2008)

JIVE FIGURES

Basic Rock
Change Hands Behind the Back
Change Places Left to Right
Change Places Right to Left
Chasse
Fallaway, Left Face Turning
Fallaway, Right Face Turning
Fallaway Rock
Fallaway Throwaway
Jive Walks
Kick Ball Change
Link
Link Rock
Point Steps
Progressive Rock
Rock the Boat
Shag Step
Swivel Walks
Throwaway
Triple
Triple, Right Face Turning

ADDITIONAL JIVE FIGURES FROM COMPULSORY DANCE:

SPANISH ARMS

PRETZEL TURN (STANDARD PER RAL MANUAL, WITH DOUBLE ROCK IN MIDDLE & WITH 2 KICKS IN MIDDLE AS PER COMP DANCE)

FIGURES NOT ON JIVE LIST FROM COMPULSORY THAT ARE AVAILABLE FOR HASH:

SD DRAW CLOSE
FWD FACE CLOSE
DOUBLE ROCK
QUICK VINE (4 & 8)
STEP KICKS
AWAY KICK
FACE TCH
SIDE STAIRS