

Rockin good way

Choreographer

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Record

Shakin Stevens & Bonnie Tyler Rockin Good way 2:53 available by Itunes (<https://itunes.apple.com/gb/album/the-collection/250590354>) or Amazon (https://www.amazon.com/Shakin-Stevens-Collection/dp/B00080COTC/ref=sr_1_2?s=music&ie=UTF8&qid=1512582094&sr=1-2&keywords=shakin+stevens+the+collection).

CD Shakin' Stevens The Collection

On youtube: <https://youtu.be/vBwfCB5OYvU>

Rhythm

Jive Phase III + 1 (american spin) + 1 unphased (Mooch with chasse rolls)

Footwork

opposite for women, except notes in brackets

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Sequence

Intro A Bridge A B A B A Ending

Intro:

-
- 1 - 4** **Wait;; progressive rk 8;;**
1-2 in BFLY/Wall wait 2 meas;;
3-4 Rk apt L, XRIF, rk apt L, XRIF; rk apt L, XRIF, rk apt L, XRIF;(CP/WALL)

Part A:

-
- 1 – 4** **Chasse L & R; change R to L ~ Shoulder shove;;;**
1 sdL/clR, sdL, sdR/clL, sdR;
2 - 4 (change R to L) rk bk L trng lt fc1/4, rec R, sd L/cl R to L, sd L trng 1/4 LF, sd R/cl L to R, sd R (rk bk R, rec L, fwd R/cl L to R, fwd R begin 3/4 RF trn under raised lead hnds; sd L/cl R to L, sd L complete LF trn to end fcg ptr), (shoulder shove) rk apt L, rec R trng RF (W LF), sd L/cl R to L, sd L twd ptr bring M's L and W's R shoulders tog trng to fc ptr; sd & bk R/cl L to R, bk R trng LF (W RF);
- 5 - 7** **change hands behind bk ~ shoulder shove-;;;**
5 - 7 (change his bed bk) Rk apt L, rec R ; fwd L/cl R, fwd L trn 1/4 LF (rk aptR, rec L, fwd R/cl L, fwd R trn 1/4 RF), chg W's R hnd to M's R hnd, sd & bk R/cl L, sd R cont trn 1/4 LF (W sd L/cl R, sd & bk L trn 1/4 RF); chg W's R hnd to M's L hnd to LOP-FCG RLOD, (shoulder shove) rk apt L, rec R trng RF (W LF), sd L/cl R to L, sd L twd ptr bring M's L and W's R shoulders tog trng to fc ptr; sd & bk R/cl L to R, bk R trng LF (W RF);
- 8-11** **change L to R ~ (Bfly / COH) American spin;;;**
8-11 (change L to R) Rk apt L, rec R, sd L/cl R to L, sd L trng 1/4 RF; sd R/cl L to R, sd R (rk apt R, rec L, fwd R/cl L to R, fwd R begin 3/4 LF trn under jnd ld hnds; sd L/cl R to L, sd R to Bfly/COH), (american spin) Rk apt L, rec R; sd L/cl R to L, sd L bring Ms L arm to Ws R arm, sd R/cl L to R, sd R (rk apt R, rec L; sd R/cl L to R, sd R pushing off M's L hnd to spin RF full trn), sd R/cl L to R, sd R to LOP-FCG COH;
- 12-13 1/2** **link rk to fc Wall;~**
12-13 1/2 Rk apt L, rec R; trng 1/2 RF sm fwd L/R, L (W trng 1/2 RF sm fwd R/L, R); sd R/cl L to L, sd R to CP/wall; Note: (3rd time to Bfly/wall)

Bridge

-
- 1/2 **Rk, rec;**
1/2 rk bk L rec R

Part B:

- 1 – 9 ½**
1 - 8 ½ **Double rk into the Mooch with chasse rolls-;;;;;;;**
rk bk L to SCP, rec R, rk bk L, rec R to ½OP/LOD; kick L fwd, cl L, kick R fwd, cl R; rk bk L, rec R, chasse L/R, L trng RF; chasse R/L, R trng RF, chasse L/R, L trng RF to end ½ LOP/RLD;
rk bk R, rec L, kick R fwd, cl R; kick L fwd, cl L, rk bk R, rec L; chasse R/L, R trng LF, chasse L/R, L trng LF; chasse R/L, R trng LF to end SCP/LOD,
8 ½ - 9 ½ **rk, rec, swivel 2;**
Rk bk L to SCP LOD, rec R, swlvg RF on ball of R ft fwd L, swlvg LF on ball of L ft fwd R ;

Ending:

- 1 – 3**
1-3 **Windmill 2x;;;;**
(windmill) Bfly pos - rk apt L, rec R, chasse in place L/R,L trng 1/4 LF; still trng LF chasse side & fwd R/L,R to end fcg COH, rk bk L, rec R; chasse in place L/R,L trng 1/4 LF, chasse side & fwd R/L,R end fcg wall;
- 4 - 6**
4 - 6 **fallaway rk ~ fallaway throwaway;;;;**
(fallaway rock) Rk bk L to SCP/LOD, rec R to CP, sd L/cl R, sd L; sd R / cl L, sd R,
5 (fallaway throwaway) Rk bk L to SCP/LOD, rec R; fwd & sd L/cl R, sd L trng 1/8 LF; sd R/cl L, sd R (fwd R trng LF/cl L, sd & bk R to fc RLOD, sd & bk L/cl R, sd & bk L) to LOP FCG LOD
- 7 - 9**
7 - 9 **link rk ~ R-turning fallaway;;;;**
(link rock)Rk apt L, rec R, fwd L trng 1/4 RF/cl R, fwd L (W trng 1/4 RF sm fwd R/L, R), sd R/cl L, sd R to CP WALL; sd r/cl L to R, sd R;;
(r trng fallaway) trng to SCP LOD rk bk L, rec R to CP COH; trng RF 1/4 on the triple sd L/cl R, sd L, cont turn sd R/cl L, sd R to CP/COH;
- 10 - 12**
10 – 12 **R-turning fallaway ~, change R to L;;;;**
(r trng fallaway) Trng to SCP RLOD rk bk L, rec R to CP COH ; trng RF 1/4 on the triple sd L/cl R, sd L , cont turn sd R/cl L, sd R to CP WALL;
(change R to L) rk bk L trng lt fc1/4,rec R, sd L/cl R to L, sd L trng 1/4 LF, sd R/cl L to R, sd R (rk bk R, rec L, fwd R/cl L to R, fwd R begin ¾ RF trn under raised lead hnds; sd L/cl R to L, sd L complete LF trn to end fcg ptr);
- 13 - 15**
13 - 15 **American spin ~ change L to R;;;;**
(american spin) Rk apt L, rec R, sd L/cl R to L, sd L bring Ms L arm to Ws R arm/cl r to L; sd R/cl L to R, sd R, (rk apt R, rec L, sd R/cl L to R; sd R pushing off M's L hnd to spin RF full trn), sd R/cl L to R, sd R to LOP-FCG COH,
(change L to R) Rk apt L, rec R; sd L/cl R to L, sd L trng 1/4 RF, sd R/cl L to R, sd R (rk apt R, rec L, fwd R/cl L to R, fwd R begin 3/4 LF trn under jnd ld hnds; sd L,/cl R to L, sd R to Bfly/COH);
- 16 - 18**
16 – 18 **(SCP) jive wks ~ swivel 4 ~ rk the boat;;;;**
(jive walks) Rk bk L to SCP LOD, rec R in SCP, fwd L/cl R, fwd L; fwd R/cl L, fwd R,
(swivel walk 4) swiveling RF on ball of R ft fwd L, swiveling LF on ball of L ft fwd R; swiveling RF on ball of R ft fwd L, swiveling LF on ball of L ft fwd R,
(rock the boat) fwd L w/straight knee leaning fwd, relax knees cl R leaning bk; repeat;
- 19 -23**
19-23 **rk the boat ~ 2 fwd triples ~ swivel 4; rk the boat 2x; apt, pt-;**
rock the boat) fwd L w/straight knee leaning fwd, relax knees cl R leaning bk,
(fwd triple) fwd L/cl R, fwd L; fwd R/cl L, fwd R,
(swivel walk 4) swiveling RF on ball of R ft fwd L, swiveling LF on ball of L ft fwd R; swiveling RF on ball of R ft fwd L, swiveling LF on ball of L ft fwd R,
(rock the boat) fwd L w/straight knee leaning fwd, relax knees cl R leaning bk;
(rock the boat) fwd L w/straight knee leaning fwd, relax knees cl R leaning bk,
Fc partner bk L,point R toward partner (W bk R,point L toward partner);

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Intro-: (4 meas) Wait;; progr rk 8;;
Bfly / wall

Part A: (13 ½ meas) Chasse L & R;
CP/wall change R to L ~ Shoulder shove;;;
change hands behind bk ~ shoulder shove;;;
change L to R ~ (Bfly / COH) American spin;;;
link rk to fc wall ~;

Bridge (2 beats) rk, rec-;
Bfly/wall

Part A: (13 ½ meas) Chasse L & R;
CP/wall change R to L ~ Shoulder shove;;;
change hands behind bk ~ shoulder shove;;;
change L to R ~ (Bfly / COH) American spin;;;
link rk to fc wall ~;

Part-B: (9 ½ meas) Double rk into the Mooch with chasse rolls;;;;;;
CP/wall rk, rec, swivel 2;

Part A: (13 ½ meas) Chasse L & R;
CP/wall change R to L ~ Shoulder shove;;;
change hands behind bk ~ shoulder shove;;;
change L to R ~ (Bfly / COH) American spin;;;
link rk to fc wall ~;

Part-B: (9 ½ meas) Double rk into the Mooch with chasse rolls;;;;;;
CP/wall rk, rec, swivel 2;

Part A: (13 ½ meas) Chasse L & R;
CP/wall change R to L ~ Shoulder shove;;;
change hands behind bk ~ shoulder shove;;;
change L to R ~ (Bfly / COH) American spin;;;
link rk to Bfly fc wall ~;

Ending: (23 meas) Windmill 2x;;;
Bfly/wall fallaway rk ~ fallaway throwaway;;;
link rk ~; R-turning fallaway 2x;;;;;
change R to L ~ American spin;;;
change L to R ~ (SCP) jive wks ;;;
swivel 4; rk the boat 2x;
2 triples; swivel 4; rk the boat 2x;
apt & pt;