**Dinosaur Rock & Roll**

**Choreographers:** TJ & Bruce Chadd, 975 W Louisville Ct, Meridian, ID 83642  
**Phone:** (208) 887-1271  
**Music:** "Dinosaur Rock and Roll" by Joanie Bartels  
**Release Date:** April 2010  
**Rhythm:** Jive  
**Phase:** IV + 1 (Stop & Go)  
**Tempo:** Slow music approximately 9% to 40-41 rpm for comfort  
**Sequence:** Intro ABC ABC C End  
**Footwork:** Opposite for Woman (except where noted)

**INTRO (4 Measures)**

1-4  
**WAIT; KICK BALL CHG 2X; SWVL WK TOG 2 SLO & 4 QK TO LOOSE CP;;;
**

1. (Wait) Man facing wall, lady facing man 6-8 ft apart ~ wait 1 measure;
2. (Kick Ball Chg 2X) Kick L fwd, take weight on ball of L ft, replace weight on R ft; Repeat;
3-4. (Swvl Wk Tog 2 Slo & 4 Qk) Swvl wk fwd ptr L-, R--; L, R, L, R to loose CP;

**PART A (16 Measures)**

1-4  
**BASIC RK ~ RT TRNING FALLAWAY;;; RK, REC & SWVL WK 2;**

1-4. (Basic Rk) Facing ptr rk apt L, rec R, sd L/clo R, sd L; Sd R/clo L, sd R;
(Rt Trning Fallaway) Rk bk L to SCP, rec R to fc, commence 1/4 RF tm sd L/clo R, complete tm sd L;
Commence 1/4 RF tm sd R/clo L, complete tm sd R leaving man facing COH and lady facing wall;
(Rk, Rec & Swvl Wk 2) Rk Bk SCP RLOD L, rec R, swvl wk fwd L R to fc ptr;

5-8  
**CHASSE L & R; RT TRNING FALLAWAY ~ CHG R TO L;;;**

5. (Chasse L & R) Sd L/clo R, sd L, sd R/clo L, sd R;
6-8. (Rt Trning Fallaway) Rk bk L to SCP, rec R to fc, commence 1/4 RF tm sd L/clo R, complete tm sd L;
Commence 1/4 RF tm sd R/clo L, complete tm sd R leaving man facing wall and lady facing COH;
(Chg R to L) Rk bk L to SCP, rec R, sd L/clo R, sd L commence 1/4 LF tm; Sd & fwd R/clo L, sd R to fc LOD, (Rk bk R to SCP, rec L, sd R/clo L, fwd R commence 3/4 RF tm under joined lead hnds; Sd & slightly bk L/clo R, sd & bk L to fc RLOD,)

9-13  
**STOP & GO;; CHG HNDS BEH THE BK ~ SPANISH ARMS W/ LADY SPIN 1X;;**

9-10. (Stop & Go) Rk bk L, rec R, fwd L/clo R, fwd L; [man catches woman w/ R hnd on woman's L shldr blade at end of triple to stop her movement]; Rk fwd R, rec L, small bk R/clo L, bk R; (Rk bk R, rec L, fwd R commence 1/2 LF tm/clo L, bk R complete 1/2 LF tm under joined hnd to end at man's R sd; Rk bk L, rec R, fwd L commence 1/2 RF tm/clo R, bk L complete 1/2 RF tm under joined hnds to end facing man;
(Chg Hnds Behind the Bk to R Hndshk) Rk apt L, rec R, fwd L starting 1/4 LF tm & placing R hnd over woman's R hnd/clo R, fwd L releasing L hnd & completing 1/4 LF tm to tandem in front of woman; Sd & bk R starting 1/4 LF tm & placing L hnd behind man's R/clo L transferring woman's R hnd to man's L hnd behind his bk, sd & bk R completing 1/4 LF tm and chging to R handshake, (Rk apt R, rec L, fwd R starting 1/4 RF tm/clo L, fwd R completing 1/4 RF tm to tandem behind man; Sd & bk L starting 1/4 RF tm/clo R, sd & bk L completing 1/4 RF tm), (Spanish Arms W/ Lady Twirl 1X) Rk Bk L, rec R trning RF, sd L/clo R, sd L continuing RF tm; Sd R/clo L, sd R,
(Rk bk R, rec L trning 1/4 LF, sd R/clo L, sd R trning 3/4 RF to fc ptr then spinning in place on R ft under joined lead hnds;
1 full tm to end icing ptr; Sd L/clo R, sd L;

14-16  
**CHG L TO R TO FC WALL ~ RK, REC & SD DRAW CLO BFLY;;**

14-16. (Chg L to R) Rk bk L, rec R, sd L/clo R, sd L commence 1/4 RF tm to fc wall; Sd R/clo L, sd R, (Rk bk R, rec L, fwd R/clo L, fwd R commence 3/4 LF tm under joined lead hnds; Sd L/clo R, sd L complete LF tm to fc ptr,)
(Rk, Rec & Sd Draw Clo) Rk bk L to SCP, rec R to fc ptr; Sd L drawing R to L-, step R blending bfly;

**PART B (8 Measures)**

1-2  
**TRAVELING SAND STEP 2X;;**

1-2. (Traveling Sand Step 2X) Swveling RF on R ft tch L toe to instep of R ft w/ toe pointed inward, swveling LF on R ft small sd L, swveling RF on L ft tch R heel to floor toe pointed outward, swveling LF on L ft XRIF; Repeat;

3-6  
**NO RK PRETZEL TRN ~ UNWRAP THE PRETZEL ~ CHG R TO L;;;**

3-6. (No Rk Pretzel Trn ~ Unwrap the Pretzel) Sd L/clo R, sd L trning 1/2 RF keeping man's L and woman's R hnds joined [ptrs are in a bk to bk pos], sd R/clo L, sd R trning 1/4 RF [ptrs are now in a bk to bk "V" w/ man's L and woman's R hnds joined beh the bk]; Rk fwd L XIF to LOD w/ R hnd extended fwd, rec R trning 1/4 LF, sd L/clo R, sd L trning 1/2 LF to fc ptr still maintaining man's L and woman's R hnds; Sd R/clo L, sd R;
(Chg R to L) Rk bk L to SCP, rec R; Sd L/clo R, sd L commence 1/4 LF tm; Sd & fwd R/clo L, sd R to fc LOD, (Rk bk R to SCP, rec L; sd R/clo L, fwd R commence 3/4 RF tm under joined lead hnds, sd & slightly bk L/clo R, sd & bk L to fc RLOD,)

7-8  
**CHG L TO R W/ CONTINUOUS CHASSE;;**

7-8. (Chg L to R w/ Continuous Chasse) Rk bk L, rec R, sd L/clo R, sd L commence 1/4 RF tm to fc wall; Sd R/clo L, sd R/clo L, sd R/clo L, sd R;
(Rk bk R, rec L, fwd R/clo L, fwd R commence 3/4 LF tm under joined lead hnds; Sd L/clo R, sd L/clo R, sd L/clo R, sd L;)

**Music available via single download from Napster.com, Walmart.com, etc.**
"Dinosaur Rock & Roll " ~ Continued

PART C (8 Measures)

1-4 FALLAWAY THROWAWAY ~ KICK BALL CHG:: CHICKEN WKS 2 SLO & 4 QK::

1-2 (Fallaway Throwaway) Rk bk L, rec R, sd L/clo R, sd L; Sd R/clo L, sd R commence 1/4 LF trn on triples to fc LOD, (Rk bk R, rec L, PU R/L; R; Sd & bk L/clo R, sd L commence 1/2 trn on the triples to fc RLOD.)

(Kick Ball Chg) Kick L fwd, take weight on ball of L ft, replace weight on R ft;

3-4 (Chicken Wks 2 Slo & 4 Qk) Bk L, -, bk R, -, Bk L, bk R, bk L, bk R; (Fwd R w/ swvl, -, fwd L w/ swvl, -;

Fwd R w/ swvl, fwd L w/ swvl, fwd R w/ swvl, fwd L w/ swvl;)

5-8 CHG HNDS BEHIND THE BK TO R HANDSHAKE ~ TRIPLE WHEEL TO FC WALL;;;

5-8 (Chg Hnds Behind the Bk to R Hndshk) Rk apt L, rec R, fwd L starting 1/4 LF trn & placing R hnd over woman's R hnd/clo R;

fwd L releasing L hnd & completing 1/4 LF trn to tandem in front of woman; Sd & bk R starting 1/4 LF trn & placing L hnd behind man's bk/clo L transferring woman's R hnd to man's L hnd behind his bk, sd & bk R completing 1/4 LF trn and chging to R handshake, (Rk apt R, rec L, fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind man; Sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn.)

(Triple Wheel to fc Wall) Rk apt L, rec R; Commence RF wheel sd L/clo R, sd L trning in toward ptr and tch her bk w/ man's L hnd, continue RF wheel sd R/clo L, sd R trning away from ptr; Continue RF wheel sd L/clo R, sd L trning in toward ptr and touch her bk w/ man's L hnd, leading the woman to spin RF sd R/clo L, sd R; (Rk apt R, rec L trning 1/4 LF; Commence RF wheel sd R/clo L, sd R trning away from ptr, continue RF wheel sd L/clo R, sd L trning toward ptr & tch his bk w/ woman's L hnd; Continue RF wheel sd R, clo L, sd R spinning RF on R ft to fc ptr, sd L/clo R, sd L;

REPEAT PART A (16 Measures)

REPEAT PART B (8 Measures)

REPEAT PART C (8 Measures)

REPEAT PART C (8 Measures)

END (6 Measures)

1-3 BASIC RK ~ RT TRNING FALLAWAY 1X;;;

1-3 (Basic Rk) Fcing ptr rk apt L, rec R, sd L/clo R, sd L; Sd R/clo L, sd R,

(Rt Trning Fallaway) Rk bk L to SCP, rec R to fc, commence 1/4 RF trn sd L/clo R, complete trn sd L;

Commence 1/4 RF trn sd R/clo L, complete trn sd R leaving man icng COH and lady icng wall,

4-6 RK, REC & SD DRAW CLO ~ TO RLOD SLO DBL TWIRL THE LADY MAN LIMP 4 ~

LUNGE SD & HOLD (**Optional: LAY BACK & HOLD);;;;

4 (Rk, Rec & Sd Draw Clo) Rk bk L to SCP, rec R to fc ptr; Sd L drawing R to L, -, step R;

5-6 (To RLOD Slo Dbl Twirl the Lady/Man Limp 4) w/ Lead hnds joined and raised between ptrs....sd L, XRIF, -, -; Repeat;

(Lady twirls under lead hnds RF w/ R, L, -, -; Repeat)

(Lunge Sd & Hold) Step sd on L softening L knee w/ R leg extended straight to side.

***Optional Layback: Blending to CP after last twirl sd & fwd L placing R arm around woman's waist & lower trning LF lead arm extends straight up (Woman sd R placing R arm around man's waist swvl & quickly lower to a lay back position on man's knee extending L arm bk toward LOD