I’VE GOT A ROCK AND ROLL HEART

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MUSIC: Eric Clapton (album *Money and Cigarettes*) track 4, available as download from Amazon (speed as downloaded) [increase volume of last 4 meas]

RHYTHM: Cha

PHASE IV + 2 (stop & go hockey stick and dbl cubans) +1UNPH (chase full turn) average difficulty

FOOTWORK: Opposite

SEQUENCE: INTRO A B A B C B (1-10) ENDING  Released: July, 2012

INTRODUCTION

1-4  OP WALL HANDS ON HIPS WAIT;; CHASE MAN FULL TRN; LADY FULL TRN TO HNDSHAKE;
1-2  (Wait) OP M fcg WALL (W fcg COH) hnds on hips wait;;
3-4  (chase w/full turns) Fwd L trng 1/2, fwd R trng 3/8, sd L/cl R, bk L to fc WALL; Bk R, rec L, fwd R/lk L, fwd R to handshake; (W Bk R, rec L, fwd R/lk Lib, fwd R; Fwd L trng 1/2, fwd R trng 3/8, sd L/cl R, bk L to fc COH);  [may use locking step to continue turn]

PART A

1-4  FLIRT TO FAN;; STOP & GO HOCKEY STICK;;
1-2  (flirt to fan) Fwd L, rec R, in place L/cl R, sm bk L (W bk R, rec L, sd R/cl L trng LF, sm bk R to Vars WALL); Rk bk R, rec L, sd R/cl L, sd R (W Rk bk L, rec R, sd L/cl R, sd R trng RF to fan pos;
3-4  (stop & go HS) Ck fwd L, rec R raising L arm to lead lady to a LF undarm trn, sip L/R, L (W cl R, fwd L, fwd R/lk Lib, R trng ½ LF to end at M’s R side); Ck fwd R shaping to ptr R hnd on lady’s L sh blade, rec L raising L arm to lead lady to RF undarm trn, sip R/L, R (W Rk bk L, rec R, fwd L/lk Rib, L trn ½ RF to fan pos fcg man);

5-8  HOCKEY STICK;; ALEMANA;;
5-6  ( hockey stk) Fwd L, rec R, sip L/R, L (W cl R, fwd L, fwd R/lk L, R); Rk bk R, rec L trng 1/8 RF, fwd DRW R/L, R (W fwd L, fwd R trng ½ LF, twd DRW bk L/lk Rif, L);
7-8  (alemana) Fwd L, rec R, sd L/cl R, sd L (W bk R, fwd L, fwd R/lk Lib, R to fc M); Bk R, rec L, sd R/cl L, sd R (W fwd L trng RF und ld hnds, fwd R cont trn, sd L/cl R, sd R to BFLY);
9-12  BREAK BACK RECOVER TO TRIPLE CHAS LOD;; ROCK FWD REC TO BACK TRIPLE CHAS;;
9-10  (brk bk to triple chas fwd) Brk bk L, rec R, fwd L/lk Rib, L; R/lk Lib, R, L/lk Rib, L;
11-12  (rk fwd rec to bk triple chas) Rk fwd R, rec L, bk R/lk Lif, R; L/lk Rif, L, R/lk Lif, R;

13  HAND TO HAND IN 4;
13  (hnd to hnd in 4) Brk bk L, rec R, sd L, rec R to momentary BFLY;

PART B

1-4  CHASE M FULL TRN/LADY IN 4 TO VARISSIUVIENNE;; PARALLEL CHASE;;;
1-2  (chase M full trn/lady in 4) Fwd L trng 1/2, fwd R trng 3/8, sd L/cl R, bk L; Bk R, rec L, fwd R/lk Lib, fwd R to Vars (W Bk R, rec L, fwd R/lk L, R; Fwd L trng 1/2, fwd R, fwd R, fwd R);
3-4  (parallel chase) Same footwork lunge sd L, rec R trng to RLOD, fwd L/lk Rib, fwd L; Lunge sd R, rec L trng to LOD, fwd R/lk Lib, fwd R;

5-6  WALK & CHA/LADY ROLL RIGHT 4 TO BFLY; FENCeline;
5  (walk & cha/lady roll r 4) In Vars M fwd L, fwd R, R/lk Lib, fwd R (W maintaining R hnds fwd L, trng RF fwd R to fc WALL, bk L to fc RLOD, R L/drum to BFLY);
6  (fenceline) X lunge thru R w/ bent knee, rec L to fc ptr, sd R/cl L, sd R;

7-10  NEW YORKER IN 4; AIDA RLOD; SWITCH ROCK; NEW YORKER RLOD;
7  (NY in 4) Thru L RLOD (W thru R), rec R to fc, sd L, rec R to momentary BFLY;
8  (aida) Thru L RLOD (W thru R), sd R to fc ptr, bk L/lk Rif, bk L to V bk to bk pos;
9  (switch rk) Trng RF sd R to fc ptr, rec L, sd R/cl L, sd R;
10  (NY) Stp thru L w/ straight leg to fc RLOD, rec R blending to BFLY, sd L/cl R, sd L;

11-12  CRAB WALK; MERENGUE 4 TO HANDSHAKE; [2ND TIME TO BFLY]
11  (crab walk) XRif, sd L, XRif/sd L, XRif;
12  (merengue 4) Sd L, cl R, sd L, cl R to handshake [2nd time to BFLY];
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CH IV+2+1     I’VE GOT A ROCK & ROLL HEART

INTRO: OP M FCG WALL (W COH) HANDS ON HIPS WAIT;;
CHASE (M FULL TRN); LADY FULL TRN TO HNDSHK;
A
FLIRT TO FAN;; STOP & GO HOCKEY STK;; HOCKEY STK;;
ALEMANA;; BRK BK REC TO TRIPLE CHAS LOD;;
RK FWD REC TO BK TRIPLE CHAS;; HND TO HND IN 4 TO FACE;
B
CHASE M FULL TRN/ LADY IN 4 TO VARSOUV;;
PARALLEL CHASE;; WALK & CHA/LADY ROLL RIGHT 4 TO BFLY;
FENCELINE; NY IN 4; AIDA RLOD; SWITCH RK; NY RLOD; CRAB WALK;
MERENDEG 4 TO HNDSHAKE; (2ND TIME TO BFLY)
REPEAT A & B
C
TRAVELING DOOR EACH WAY;; TWRL VINE 2 & CHA; INTO A FENCELINE BFLY;
DBL CUBANS;; REV UND/ARM TRN; SPOT TRN;
B (1-10)
CHASE M FULL TRN/ LADY IN 4 TO VARSOUV;;
PARALLEL CHASE;; WALK & CHA/LADY ROLL RIGHT 4 TO BFLY;
FENCELINE; NY IN 4; AIDA RLOD; SWITCH RK; NY RLOD;
ENDING
CRAB WALK; TWRL VINE 2 & CHA; FENCELINE IN 4; AIDA LOD; SWITCH RK;
SPOT TURN; BRK BK TO OP & CHA; THRU SD BEH PRESS;