OLD TIME ROCK N’ ROLL

CHOREOGRAPHERS: Russ and Judy Francis, 142 E. 1450 N. Layton, Ut, 801-628-4752, Email: rounds-by-russ@comcast.net

MUSIC: MP-3 Download @ Amazon.com “Old Time Rock N' Roll” Artist: Sam Morrison

FOOTWORK: Opposite For Woman Except where Noted

NOTE: May use [Option fwd/lck/fwd – or – bk/lck/bk] where applicable

RHYTHM: JIVE

DANCE LEVEL: Phase V

SPEED: 45 RPM

RELEASED: DEC 2010

SEQUENCE: INTRO – A – B – C – B – D – D - END

INTRO

1 LFT OPN FCNG WALL WAIT ONE MEAS;

PART A

1 – 24 LINK RK;,, CHG R TO L;,,, SHLDR SHOVE;,, CHG L TO R;,,, AMER SPIN;,,,
   (Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL,
   (Chg R To L) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; trng slightly lft fc in
   plc R/L,R to LOPN diag LOD/COH, (Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R
to CP; trng ¾ rt fc undr lead hnds bk chasse L/R,L,) (Shldr Shv) Rk bk L, rcvr R,
   trng ¼ rt fc chasse L/R,L to tch Man’s lft shldr to Woman’s rt shldr; shoving off frm shldrs
   & trng ¼ lft fc bk chasse R/L,R to LOPN diag LOD/COH, (Chg L To R) Rk bk L,
   rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, (Woman rk bk R,
   rcvr L, trng ¾ l/rt fc undr lead hnds chasse R/L,R, bk chasse L/R,L,) (Amer Spin)
   Rk bk L, rcvr R, in plc L/R,L; chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr L,
   fwd chasse R/L, spin full rt fc trn R; chasse L/R,L,)
   LINK TO WHIP TRN;,;, FALLAWY-THROWAWY;,;, CHG BHND BK;,;,  
   (Link To Whip Trn) Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L to CP diag RLOD/COH;
   trng 5/8 rt fc cross R bhnd L, sd L to CP/WALL, sd chasse R/L,L; (Woman rk bk R,
   rcvr L, trng 3/8 lft fc chasse R/L,R to CP; trng 5/8 lft fc sd L, cross R in fnt to CP,
   sd chasse L/R,L;) (Fallawy–Throwaway) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R,
   in plc L/R,L; in plc R/L,R to LOPN/LOD, (Woman rk bk R, rcvr L, trng ½ lft fc chasse
   R/L,R to CP; bk chasse L/R,L,) (Chg Bhnd Bk) Rk bk L, rcvr R, trng ¼ lft fc chasse
   L/R,L bhnd the back chg to rt hnds jnd; trng ¼ lft fc chasse R/L,R chg hnds to
   LOPN/RLOD, (Woman rk bk R, rcvr L, work arnd Man’s rt sd fwd chasse R/L,R; trng
   ½ rt fc chasse L/R,L,)

   CHG L TO R – CTR;,;, SHE GO – HE GO – WALL;,;,  
   (Chg L To R) Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/COH,
   (Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,)  
   (She Go – He Go) Rk bk L, rcvr R; trng ¼ rt fc chasse L/R,L; trng ¾ lft fc undr lead hnds
   chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr L, trng ½ lft fc trn undr lead
   hnds chasse R/L,R; chasse L/R,L,)

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(CONTINUE PART A)

LINK RK;,, CHG R TO L;,,, STOP N’ GO;,,, CHG L TO R – WALL;,,,

(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL,

(Chg R To L) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; trng slightly lft fc in plc R/L,R to LOPN diag LOD/COH, (Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; trng ¾ rt fc undr lead hnds bk chasse L/R,L,) (Stop N’ Go) Rk bk L, rcvr R; in plc L/R,L catch Woman on her bk with rt hnd; cross R in frnt, rcvr L, in plc R/L,R to LOPN diag LOD/COH; (Woman rk bk R, rcvr L, trng ½ lft fc undr lead hnds chasse R/L,R; rk bk L shoot lft arm straight up, rcvr R bring arm down, trng ½ rt fc undr lead hnds chasse L/R,L;) (Chg L To R) Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,)

LINDY CATCH;,,,

(Lindy Catch) Rk bk L, rcvr R, work arnd Woman’s rt sd catch Woman’s waist with rt hnd fwd chasse L/R,L; fwd L, chasse R/L,R to LOPN/WALL; (Woman rk bk R, rcvr L, fwd chasse R/L,R; thrusting both arms fwd rk fwd L, rcvr R, bk chasse L/R,L;)

PART B

1 – 8 LINK RK;,, PRETZ TRN;,,, DBL RK-Rcvr;,, UNWRAP THE PRETZ,,


FALLAWY-THROWAWY;,,, CHG L TO R;,,,

(Fallaway–Throwaway) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/LOD, (Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; bk chasse L/R,L,) (Chg L To R) Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,)

PART C

1 – 24 LINK RK;,, FALLAWY-THROWAWY;,,, CHG BHND BK;,,, CHG L TO R – CTR;,,,

(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL, (Fallaway–Throwaway) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/LOD, (Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; bk chasse L/R,L,) (Chg Bhnd Bk) Rk bk L, rcvr R, trng ¼ lft fc chesse L/R,L bhnd the back chg to rt hnds jnd; trng ¼ lft fc chasse R/L,R chg hnds to LOPN/LOD, (Woman rk bk R, rcvr L, work arnd Man’s rt sd fwd chasse R/L,R; trng ½ rt fc chasse L/R,L,) (Chg L To R - Ctr) Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/COH, (Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,)

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(CONTINUE OF PART C)

SHE GO – HE GO – WALL;,, STOP N’ GO;,, AMER SPIN;,, LINK RK;,,
(She Go – He Go - Wall) Rk bk L, rcvr R; trng ¼ rt fc chasse L/R,L; trng ¾ lt fc undr lead hnds chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr L, trng ½ lt fc trn undr lead hnds chasse R/L,R; chasse L/R,L,) (Stop N’ Go) Rk bk L, rcvr R; in plc L/R,L catch Woman on her bk with rt hnd; cross R in fnt, rcvr L, in plc R/L,R to LOPN/WALL; (Woman rk bk R, rcvr L, trng ½ lt fc undr lead hnds chasse R/L,R; rk bk L shoot lt arm straight up, rcvr R bring arm down, trng ½ rt fc undr lead hnds chasse L/R,L; (Amer Spin) Rk bk L, rcvr R, in plc L/R,L; chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr L, fwd chasse R/L, spin full rt fc trn R; chasse L/R,L,) (Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL,

RT TRNG FALLAWY;,, FALLAWY-THROWAWAY;,, CHG BHND BK;,,
(Rt Trng Fallaway) Trng ¼ lt fc to SEMI/LOD rk bk L, rcvr R, trng ¼ rt fc chasse L/R,L; trng ¼ rt fc chasse R/L,R to CP/COH, (Fallaway–Throwaway) Trng ¼ lt fc to SEMI/RLOD rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/RLOD, (Woman rk bk R, rcvr l, trng ½ lt fc chasse R/L,R to CP/R, bk chasse L/R,L,) (Chg Bhnd Bk) Rk bk L, rcvr R, trng ¼ lt fc chasse L/R,L bhnd the back chg to rt hnds jnd; trng ¼ lt fc chasse R/L,R chg hnds to LOPN/LOD, (Woman rk bk R, rcvr L, work arnd Man’s rt sd fwd chasse R/L,R; trng ½ rt fc chasse L/R,L,)

SHLDR SHOVE;,, LINDY CATCH;,, CHG L TO R;,, LINK TO WHIP TRN;,,
(Shldr Shv) Rk bk L, rcvr R, trng ¼ rt fc chasse L/R,L to tch Man’s lt shldr to Woman’s rt shldr; shoving off frm shldrs & trng ¼ lt fc bk chasse R/L,R to LOPN diag LOD/COH, (Lindy Catch) Rk bk L, rcvr R, work arnd Woman’s rt sd catch Woman’s waist with rt hnd fwd chasse L/R,L; fwd R, fwd L, chasse R/L,R to LOPN/LOD; (Woman rk bk R, rcvr L, fwd chasse R/L,R; thrusting both arms fwrk rck fwd L, rcvr R, bk chasse L/R,L;) (Chg L To R) Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, (Woman rk bk R, rcvr L, trng ¾ lt fc undr lead hnds chasse R/L,R; chasse L/R,L,) (Link To Whip Trn) Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L to CP diag RLOD/COH; trng 5/8 rt fc cross R bhnd L, sd L to CP/WALL, sd chasse R/L,R; (Woman rk bk R, rcvr L, trng 3/8 lt fc chasse R/L,R to CP; trng 5/8 lt fc sd L, cross R in fnt to CP, sd chasse L/R,L;)

REPEAT PART “B”

PART D

1 – 8
LINK RK;,, FALLAWY-THROWAWAY;,, AMER SPIN;,, CHG L TO R;,,
(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL,

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(CONTINUE OF PART D)

LINDY CATCH;,;

(Lindy Catch) Rk bk L, rcvr R, work arnd Woman’s rt sd catch Woman’s waist with rt hnd fwd chasse L/R,L; fwd R, fwd L, chasse R/L,R to LOPN/WALL; (Woman rk bk R, rcvr L, fwd chasse R/L,R; thrusting both arms fwd rk fwd L, rcvr R, bk chasse L/R,L;)

REPEAT PART “D”

END

1 – 10 LINK RK;, CHG R TO L;, STOP N’ GO;, CHG L TO R;, AMER SPIN;, (Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL,

(Chg R To L) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; trng slightly lft fc in plc R/L,R to LOPN diag LOD/COH, (Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; trng ¾ rt fc undr lead hnds bk chasse L/R,L,) (Stop N’ Go) Rk bk L, rcvr R; in plc L/R,L catch Woman on her bk with rt hnd; cross R in frnt, rcvr L, in plc R/L,R to LOPN diag LOD/COH; (Woman rk bk R, rcvr L; trng ½ lft fc undr lead hnds chasse R/L,R; rk bk L shoot lft arm straight up, rcvr R bring arm down, trng ½ rt fc undr lead hnds chasse L/R,L;)


LINK RK;, IN SEMI RK BK-RCVR & PNT SD & HOLD;

(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL,

(Rk Bk-Rcvr & Pnt Sd) Trng ¼ lft fc to SEMI/LOD rk bk L-, rcvr R-; pnt sd & hold: