Old Time Rock & Roll III

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CD Music: “Greatest Hits” by Bob Segar & The Silver Bullet Band, Track 7 “Old Time Rock & Roll”
“Ultimate Hits: Rock and Roll Never Forgets” by Bob Segar & The Silver Bullet Band, Track 1
MP3 Download: Available through Amazon.com
Rhythm/Phase: Jive, ROUNDALAB Phase III+2 [Amer Spin, Span Arms] +2 Unph [Glide to Side, Trade Places]
Difficulty: Above Average
Footwork: Opposite, directions for M (except where noted)  Released: June 2013
Sequence: Intro, A, B, C, A, B, C, B, D, B, End  Time: 3:22 @ MINUS 3% [43.5 rpm]

INTRO

[CP WALL] WAIT;  WAIT;  WAIT;  WAIT;
1-4 Wait four measures in CP WALL;;;;

PART A

[CP WALL] SD, TCH, RT CHASSE;  CHG PLCs R to L ~ CHG HDS BEH BK;;;;
1  [Sd, Tch, R Chasse] Sd L, tch R to L, sd R/cl L, sd R;
2-4  [Chg Pcs R-L] Rk bk L to SCP LOD, rec R, sd L/cl R, sd L comm 1/4 LF trn to LOP LOD; Sd & fwd R/cl L, sd R (W rk bk R to SCP LOD, rec L, sd R/cl L, fwd R comm 3/4 RF trn under joined lead hnds; Sd & slightly bk L/cl R, sd & bk L),
[Chg Hnds Beh Bk] Rk apt L, rec R; Fwd L starting 1/4 LF trn and placing right hnd over W’s right hnd/cl R, fwd L releasing left hnd and completing 1/4 LF trn to TANDEM POS in front of W, sd & bk R starting 1/4 LF trn and placing left hnd beh M’s back/cl L transferring W’s right hnd to M’s left hnd behind his back, sd & bk R completing 1/4 LF trn (W rk apt R, rec L; Fwd R starting 1/4 RF trn/cl L, fwrd R completing 1/4 RF trn to TANDEM POS beh M, sd & bk L starting 1/4 RF trn/cl R, sd & bk L completing 1/4 RF trn) to LOP RLOD;

[LOP RLOD] Start CHG PLCs L to R and GLIDE to SIDE;;  CHG HDS BEH BK ~ RK, REC to BFLY;;
5 123a4 [Chg Pcs L-R] Rk apt L, rec R, sd L/cl R, sd L comm 1/4 RF trn (W rk apt R, rec L, fwr R/cl L, fwr R comm 3/4 LF trn under joined lead hnds) to LOP COH;
6 123a4 [Glide to Sd] Keeping lead hnds joined extend trail hnds out to side and parallel to the floor sd R, XLIF, sd R/cl L, sd R;
7-8 5a678 [Chg Hnds Beh Bk] Repeat Meas 2.5-4 PART A to LOP WALL;;;;

[BFLY WALL] SAND STEPS w/TRIPLES;;  SD, TCH, RT CHASSE;;
9-10 123a4 [Sand Steps] Tch L toe to R instep, tch L heel to R instep, XLIF/sd R, XLIF;  Tch R toe to L instep, tch R heel to L instep, XRIF/sd L, XRIF;
11 123a4 [Sd, Tch, R Chasse] Sd L to CP, tch R to L, sd R/cl L, sd R;

[CP WALL] CHG PLCs R to L ~ KICK BALL CHG;;  CHG PLC L to R ~ LINK RK to CP;;;;
12-13 5a678 123a4 [Chg Pcs R-L] Repeat Meas 2-2.5;;;;

[Kick Ball Chg] Kick L/sip with ball of L foot, cl R;
14-16 [Chg Pcs L-R] Rk apt L, rec R, sd L/cl R, sd L comm 1/4 RF trn to LOP WALL; Sd R/cl L, sd R (W rk apt R, rec L, fwr R/cl L, fwr R comm 3/4 LF trn under joined lead hnds; Sd L/cl R, sd L completing LF trn),
[Link RK] Rk apt L, rec R; Fwd L/fwrd R, fwrd L to CP WALL, sd R/cl L, sd R;

PART B

[CP WALL] FALLAWAY RK ~ FALLAWAY THROWAWAY [LOP LOD];;;;  TRADE PLACES TWICE to LOP LOD;;;
1-5 123a4 [Falwy RK] Rk bk L to SCP LOD, rec R to CP WALL, sd L/cl R, sd R; Sd R/cl L, sd R,
[Falwy Thrvy] Rk bk L to SCP LOD, rec R; Sd L/cl R, sd L, sd R/cl L, sd R comm 1/4 LF trn (W fwrd R trng 1/2 LF in front of M/sd L, cl R, sd & bk L/cl R, sd L) to LOP LOD;
[Trade Pcs] Rk apt L, rec R releasing hnds comm 1/4 RF trn beh W to temporarily be TANDEM WALL, cont 1/4 RF trn sd L/cl R, sd & bk L to L HNDSHK RLOD; Rk apt R, rec L releasing hnds comm 1/4 LF trn beh W to temporarily be TANDEM WALL, cont 1/4 LF trn sd R/cl L, sd & bk R (W rk apt R, rec L releasing hnds comm 1/4 LF trn in front of M to temporarily be TANDEM WALL, cont 1/4 LF trn sd R/cl L, sd & bk R to L HNDSHK; Rk apt L, rec R releasing hnds comm 1/4 RF trn in front of M to temporarily be TANDEM WALL, cont 1/4 RF trn sd L/cl R, sd & bk L) to LOP LOD;

[LOP LOD] AMER SPIN ~ CHG PLCs L to R to BFLY****
6-8 [Amer Spin] Rk apt L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R (W rk apt R, rec L, sd R/cl L, sd R spinning RF one full trn; Sd L/cl R, sd L) to LOP LOD,
[Chg Pcs L-R] Repeat Meas 14-14.5 PART A to BFLY WALL;;;;

**Note: Change 3rd & 4th time thru PART B, Meas 6.5-8, blend to CP WALL;;;;
PART C

[BFLY WALL] SPANISH ARMS ~ LINK RK to CP WALL;;
1-3  
{Span Arms} Rk apt L, rec R trng RF, sd L/cl R, sd L cont RF trn; Sd R/cl L, sd R (W rk apt R, rec L trng 1/4 LF, sd R/cl L, sd R trng 3/4 RF; Sd L/cl R, sd L) to BFLY COH,
{Link Rk} Rk apt L, rec R; Fwd L/fwd R, fwd L trng 1/2 to CP WALL, sd R/cl L, sd R;

[CP WALL] DBL RK; 2 RT TRNG TRIPLES; AMER SPIN ~ LEFT TRNG FALLAWAY;;
4-8 1234  
{Dbl Rk} Rk bk L to SCP LOD, rec R, rk bk L, rec R;
1a23a4 {R Trng Trpl} Blend to CP comm 1/4 RF trn sd L/cl R, sd L, comm 1/4 RF trn sd R/cl L sd R completing trn to CP COH;
{Amer Spin} Repeat Meas 6-6.5 PART C to LOP COH;,
{L Trng Falwy} Rk bk L to SCP RLOD, rec R to fc; Comm 1/4 LF trn sd L/cl R, complete trn sd L, comm 1/4 LF trn sd R/cl L, sd R completing trn to CP WALL;

PART D

[BFLY WALL] Start RIGHT TRNG FALLAWAY and GLIDE to SIDE;;
1  
{R Trng Falwy} Rk bk L to SCP LOD, rec R to fc, comm 1/4 RF trn sd L/cl R, sd L completing trn fc COH;
2  
{Glide to Sd} Repeat Meas 6 PART A;

[LOP WALL] SPANISH ARMS TWICE;; CHG PLCS L to R to LOP WALL ~ RK, REC to CP;; STEP, KICK, RIGHT CHASSE;
3-8  
{Span Arms 2X} Rk apt L, rec R to BFLY COH trng RF; Sd L/cl R, sd L cont RF trn, sd R/cl L, sd R (W rk apt R, rec L to BFLY COH trng 1/4 LF; Sd R/cl L, sd R trng 3/4 RF; Sd L/cl R, sd L) to BFLY WALL; Rk apt L, rec R trng RF, sd L/cl R, sd L cont RF trn; Sd R/cl L, sd R (W rk apt R, rec L trng 1/4 LF, sd R/cl L, sd R trng 3/4 RF; Sd L/cl R, sd L) to BFLY COH,
123a4 {Chg Plcs L-R} Rk apt L, rec R, sd L/cl R, sd L comm 1/2 RF trn to LOP WALL; Sd R/cl L, sd R (W fwd R/cl L, fwd R comm 1/2 LF trn under joined lead hnds; Sd L/cl R, sd L completing LF trn),
5a678 {Rk, Rec} Rk apt L, rec R to CP WALL;
123a4 {Stp, Kick, R Chasse} Step L, kick R outside ptr, sd R/cl L, sd R twd RLOD;

END

[CP WALL] Start RIGHT TRNG FALLAWAY and GLIDE to SIDE;; CHG PLCS L to R to LOP WALL ~ LINK RK to CP;;
1  
{R Trng Falwy} Repeat Meas 1 PART D;
2  
{Glide to Sd} Repeat Meas 6 PART A;
3-5  
{Chg Plcs L-R} Repeat Meas 3-3.5 PART D ending LOP WALL;,
{Link Rk} Repeat Meas 14.5-16 PART A;,

[CP WALL] RK BK, REC, SWIVEL 2; PT to SD & HOLD;
6-7 1234  
{Rk Bk, Rec, Swvl} Rk bk L to SCP LOD, rec R, placing each foot directly in front of the other fwd L, fwd R; Point L twd COH (W point R twd WALL),-,-;
Head Cues
Intro, A, B, C, A, B, C, B, D, B, End

INTRO
[CP WALL] WAIT; WAIT; WAIT; WAIT;

PART A
[CP LOD] SD, TCH, RT CHASSE; CHG PLCS R to L ~ CHG HNDS BEH BK fc REV; START CHG PLCS L to R & GLIDE to SD;
[LOP COH] CHG HNDS BEH BK ~ RK, REC to BFLY; SAND STEPS w/ TRIPLES; close up SD, TCH, RT CHASSE;
[CP LOD] CHG PLCS R to L ~ KICK BALL CHG; CHG PLCS L to R ~ LINK RK to CP;

PART B
[CP WALL] FALLAWAY RK ~ FALLAWAY THROWAWAY; TRADE PLACES TWICE to LOP LOD;
[LOP LOD] AMER SPIN ~ CHG PLCS L to R to BFLY WALL;

PART C
[BFLY WALL] SPAN ARMS ~ LINK RK to WALL; scp DBL RK; 2 RT TRNG TRIPLES; AMER SPIN ~ LT TRNG FALLAWAY;

PART A
[CP LOD] SD, TCH, RT CHASSE; CHG PLCS R to L ~ CHG HNDS BEH BK fc REV; START CHG PLCS L to R & GLIDE to SD;
[LOP COH] CHG HNDS BEH BK ~ RK, REC to BFLY; SAND STEPS w/ TRIPLES; close up SD, TCH, RT CHASSE;
[CP LOD] CHG PLCS R to L ~ KICK BALL CHG; CHG PLCS L to R ~ LINK RK to CP;

PART B
[CP WALL] FALLAWAY RK ~ FALLAWAY THROWAWAY; TRADE PLACES TWICE to LOP LOD;
[LOP LOD] AMER SPIN ~ CHG PLCS L to R to BFLY WALL;

PART C
[BFLY WALL] SPAN ARMS ~ LINK RK to WALL; scp DBL RK; 2 RT TRNG TRIPLES; AMER SPIN ~ LT TRNG FALLAWAY;

PART B*
[CP WALL] FALLAWAY RK ~ FALLAWAY THROWAWAY; TRADE PLACES TWICE to LOP LOD;
[LOP LOD] AMER SPIN ~ CHG PLCS L to R to CP WALL;

PART D
[CP WALL] START RT TRNG FALLAWAY & GLIDE to SD; SPAN ARMS TWICE; CHG PLCS L to R fc WALL ~ RK, REC to CP;
[CP WALL] STEP KICK, RT CHASSE;

PART B*
[CP WALL] FALLAWAY RK ~ FALLAWAY THROWAWAY; TRADE PLACES TWICE to LOP LOD;
[LOP LOD] AMER SPIN ~ CHG PLCS L to R to CP WALL;

END
[CP WALL] START RT TRNG FALLAWAY & GLIDE to SD; CHG PLCS L to R to WALL ~ LINK RK to CP; RK BK, REC, SWIVEL 2; PT to SD & HOLD;