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”
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)
Sequence: Intro, A, B, C, A, B, C, D, B, End

Released: June 2013
Time: 3:15 @ 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 Plcs 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 hndds; 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, fwd 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 Plcs L-R} Rk apt L, rec R, sd L/cl R, sd L comm 1/4 RF trn (W rk apt R, rec L, fwd R/cl L, fwd R comm 3/4 LF trn under joined lead hnds) to LOP COH;
6 {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 {Chg Hnds Beh Bk} Repeat Meas 2.5-4 PART A to LOP WALL;;
5a678 {Rk, Rec} Rk apt L, rec R to BFLY WALL;

[BFLY WALL] SAND STEPS w/TRIPLES;; SD, TCH, RT CHASSE;
9-10 {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 [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 {Chg Plcs R-L} Repeat Meas 2-2.5;;
5a678 {Kick Ball Chg} Kick L/sip with ball of L foot, cl R;
14-16 {Chg Plcs 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, fwd R/cl L, fwd R comm 3/4 LF trn under joined lead hnds; Sd L/cl R, sd L comm LF trn),
{Link Rk} Rk apt L, rec R; Fwd L/fwd R, fwd 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 {Falwy Rk} Rk bk L to SCP LOD, rec R to CP WALL, sd L/cl R, sd R/cl L, sd R;
{Falwy Thrwy} 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 fwd R trng 1/2 LF in front of M/sd L, cl R, sd & bk L/cl R, sd L) to LOP LOD;
{Trade Plcs} 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 R, rec L, 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 Plcs 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 (Wrk 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 123a4 {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 123a4 {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 (Wrk 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 (Wrk 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 (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 123a4 {R Trng Falwy} Repeat Meas 1 PART D;
2 123a4 {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 123a4 {Rk Bk, Rec, Svw} 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),
     1 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;