ROCK AROUND THE CLOCK

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ALBUM CD: MCA 60025 by Bill Haley & The Comets

FOOTWORK: Opposite, Directions for the man except where noted.


RATING: Phase IV

RHYTHM: Single Swing

SPEED: 43 RPM

INTRO

1-8  WAIT;  LINK RK;  CHG PLCS R-L;  CHG PLCS L-R;  LINK RK;

BFLY WALL wait 2 meas;  {LINK RK} rk apt L, rec R, fwd L to CP WALL,-; sd R,-;
{CHG PLCS R-L} } rk bk L to SCP LOD, rec R to CP WALL; sd L trn ¼ LF (W fwd R trn ¼ RF und jnd lead hnds),-, sd & fwd R (W sd & slightly bk L),-;  {CHG PLCS L-R} } rk apt L, rec R, sd L trn ¼ RF (W fwd R trn ¼ LF und jnd lead hnds),-; sd R to LOFP WALL,-;  {LINK RK} rk apt L, rec R; fwd L to CP WALL,-; sd R,-;

PART A

1-6  FALWY THRWY;  CHG HND BEH BK;  CHG PLCS L-R;  SPAN ARM;

{FALWY THRWY} rk bk L to SCP LOD, rec R, fwd L picking up W,,-; apt R to LOFP LOD,-;
{CHG HND BEH BK} rk apt L, rec R beg to chg W’s R hnd to M’s R hnd; fwd L trn ¼ LF (W fwrk R trn ¼ RF) M chg W’s R hnd bs W trn hnd bs W’s R hnd to his L hnd (W bk L trn ¼ RF) to LOFP COH,-;  {CHG PLCS L-R} } rk apt L, rec R, sd L trn ¼ RF (W fwrk R trn ¼ LF und jnd lead hnds),-; sd R to LOFP COH,-;  {SPAN ARM} rk apt L, rec R; fwrk L trng RF ¼ (W trn LF ¼ R und jnd lead hnds end wrap pos),-; sd R trng ¼ RF (W unwrap L) to BFLY WALL,-;

7-12  AMER SPN;  LINK RK;  RF TRNG FALWY 2X;

{AMER SPN} rk apt L, rec R, sd L (W spn RF on R),-; sd R,-;  {LINK RK} } rk apt L, rec R; fwrk L to CP WALL,-; sd R,-;  {RF TRNG FALWY} } rk bk to SCP LOD, rec R, trn RF sd & fwrk L,-; sd R to CP COH,-;  bk to SCP RLOD, rec R; trn RF sd & fwrk L,-; sd R to CP WALL,-;

PART B

1-12  PRTZL TRN;  RK THE BOAT 2X;  THRWY; CHKN WLKS;  LINK RK;  FALWY RK;

{PRTZL TRN} } rk bk L to SCP LOD, rec R to CP WALL, sd & fwrk L trn RF keep lead hnds jnd,-; cont RF trn sd R to sd by sd pos w leads jnd beh bk in hammer lk & trailing hnds ext fwrk with W’s hnd resting on top of M’s hnd,-;  bk to SCP LOD, rec R, fwrk L, rec R; beg trn LF (W RF) sd L,-; cont LF trn sd L to SCP LOD,-;
{RK THE BOAT} } rk bk L to SCP LOD, rec R, fwrk L wh straight knee lean fwrk,-; w rckng motion & relaxed knees cl R,,-; fwrk L wh straight knee lean fwrk,-; w rckng motion & relaxed knees cl R,-;  {THRWY} fwrk L picking up W,-;  bk R,-;  bk L,-; bk R,-;  {CHKN WLKS} } rk apt L, rec R; bk L,-; bk R,-;  {LINK RK} } rk apt L, rec R; fwrk L to CP trn ¼ RF,-; sd R to CP WALL,-;  {FALWY RK} } rk bk L to SCP LOD, rec R to CP WALL; sd L,-; sd R,-;

NOTE: as M steps bk W trns toes out before taking wt on each foot causing swiv action

TAG

1-3  RK REC WALK 2;  HOLD & EXPLODE;

rk bk L to SCP LOD, rec R, fwrk L,-;  fwrk R,-; hold,, sd L to lunge line with lead hnds up & out;