

ROCK AND ROLL WALTZ

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MUSIC: "Rock and Roll Waltz" Artist – Scooter Lee Available from Wal-mart

RHYTHM: WALTZ, ROUNDALAB PHASE III +1

Footwork: OPPOSITE, DIRECTIONS TO MAN

SEQUENCE: I-A-B-C-D-Int-B-D-END

MEASURE

INTRO

1 – 4 **(Bfy Fcg Wall) WAIT 2; BALANCE L & R;**

1 – 4 Butterfly fcg wall Wait 2 meas;; Sd L, trng slightly RF XRIB with rise(W. XLIB), rec L to fc ptr ;
sd R, trng slightly LF XLIB with rise[W. XRIB];

PART A

1 – 8 **W. AWAY & TOG;; SOLO TRN 6;; APT, PNT; SPIN MANV; 2 RF TRNS [Wall]::**

1 – 4 Fwd L trng LF, sd R, cl L to fc COH; Trng RF Fwd R, cont trn to pc ptr sd L, cl R; Trng away Fwd L,
Sd R cont lf trn, Cl L compltg ½ trn; Bk R cont lf trn, Sd L to fc ptr compltg trn, Cl R endg Bfy wall;
5 – 8 Bk L (W Bk R), pnt R twd ptr (W pnt L twd ptr), - ; Leading W to spin LF Fwd R trng to fc RLOD, Sd L,
Cl R to end CP\RLOD (W. spin LF L,R,F); Startg RF trn Bk L, sd R, cl L; Fwd R cont RF trn, sd L, cl R to end Wall;

9 – 16 **HOVER; PICKUP To SDCR; CRS HVR BJO; CRS HVR SDCR; CRS HVR To SCP; THRU,FC, CL To Bfy; TWIST BAL L & R;;**

9 – 12 [CP]Fwd L, fwd and sd R with slight rise, rec L to SCP; Thru R, sd L, cl R bringing W to SDCR LOD
[W. fwd L trng LF, sd R, cl L to SDCR]; XLIF, with LF trn & slight rise Sd R, Rec Fwd L to BJO DLC;
XRIF, with RF trn & slight rise Sd L, Rec Fwd R to SDCR DLW;
13 – 16 XLIF, with LF trn & slight rise Sd R trng W to SCP, Fwd L to SCP(W. XRIB, Sd L trng RF to SCP, Fwd L to SCP);
Thru R, sd L to fc ptr, cl R to Bfy; Sd L, trng slightly RF XRIB w/rise, rec L to fc ptr (W. Sd R, trng slightly RF
XLIF w/ rise, Rec R to fc ptr); Sd R, trng slightly RF XLIB w/ rise, rec R to fc ptr (W. Sd L, trng slightly LF XRIF
w/ rise, rec L);

PART B

1 – 10 **WALTZ AWAY & TOG;; TWIRL V; PKUP CP; DIA TRN;;; 1 LF TRN; BK WALTZ;**

1 – 4 Fwd L trng LF, sd R, cl L to fc COH; Trng RF Fwd R, cont trn to pc ptr sd L, cl R To Bfy; Sd L, XRIB, sd & fwd L
trng to LOD(W. twl RF under ld hnds R,L,R); Fwd R LOD pkg up W to CP, Sd L, cl R [W. fwd L trng LF to CP, sd R, cl L];
5 – 10 Fwd L trng LF, sd R, bk L to Bjo; Bk R trng LF, Sd L, fwd R; Fwd L trng LF, sd R, bk L; Bk R trng LF,
sd L, fwd R; Fwd L trng LF, sd R, cl L to CP fcG RLOD; Bk R,L,R;

11 – 16 **SPIN TRN; BX FIN; 2 LF TRNS;; TWIRL V; THRU,FC, CL;**

11-16 Comm RF upper body trn Bk L pvtg ½ rf, Fwd R btwn W. feet heel to toe cont trnlyg lft leg bk, rec sd & bk L
endg DLW(W. comm upper body rf trn Fwd R between M's feet heel to toe pvtg ½ rf, Bk L toe brushng R to L,
Sd & fwd R); Bk R slight trn LF, Sd L, Cl R to DLC; Fwd L trng LF, sd R cont LF trn, cl L to fc DRC; Bk R cont LF trn,
sd L endg trn to fc wall, cl L; Sd L, XRIB, sd & fwd L trng to LOD(W. twl RF under ld hnds R,L,R); Thru R, sd L to fc, cl R;

PART C

1 – 8 **BLENDING To SCP BAL FWD [3]; BAL BK [3]; TWIRL LADY OUT; REV TWL To LOP\RLOD; THRU TWINKLE; THRU,FC,CL; CANTER 2X;;**

1 – 4 Blending to SCP Fwd L, Fwd R w/rise checking, Rec L; Bk R, Bk L w/rise checking, Fwd R; Fwd L, sip R,L
(W. twirl RF traveling LOD); Starting RF trn sm Bk R, cl L trng RF to wall, Sd R leading W to twirl LF (W. twirl LF
L,R,L To FC RLOD);

5 – 8 Trng RF Fwd L to RLOD, fwd R trng ½ LF, cl L; Fwd R, sd L to fc ptr, cl R; Sd L, draw R to L, Cl R; Repeat;

9 – 16 **REPEAT MEAS 1 – 8 ENDING IN Bfy:::;;** (Note: W.'s twirl meant to resemble jive Right to Left and Left to Right action)

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PART D

- 1 – 8 **BAL APT TO A WRAP; WHEEL 3; UNWRAP L, To OP\LOD; ROLL L, ACRS To LOP; THRU TWINKLE; THRU,FC,CL; LF TRN BOX ½;;**
- 1 – 4 W/ both jnd hnds Bk L, raising jnd lead hnds leading W to comm. LF trn sm bk R w/rise, fwd L leading W to wrap pos to end 1/8 to ¼ trnd twd RLOD(W. Bk R, Rec L startg LF trn, stp R completg trn to end wrap pos); Wheel RF R,L,R to LOD; Fwd L,R,L unwrap W to OP\LOD(W roll RF R,L,R); Fwd R,L,R rolling W acrs to LOP\LOD(W. Fwd L, roll LF R,L);
- 5 – 8 Fwd L to LOD, fwd R trng ½ LF, cl L; Fwd R, sd L to fc ptr, cl R to CP\COH; Fwd L starting ¼ LF trn, sd R comp LF trn, cl L; Bk R w/ 1/4 LF trn, sd L comp trn, cl R to end fcg wall;
- 9 – 14 **HOVER; MANV; IMPETUS To SCP; THRU,FC,CL To BFY; TWIRL V; THRU,FC,CL To BFY;**
- 9 - 14 Fwd L, fwd and sd R with slight rise, rec L to SCP; Fwd R trng RF, cl L, sd R to CP\RLOD; M with soft knees & strtg upper body rotatn Bk L bringing R to L with no wgt for heel trn, chng wgt to R fin rotatn, fwd L[W. fwd R pvtg ½, fwd L arnd M cont trn, brushg R to L stp fwd R] to end SCP; Fwd R, sd L to fc ptr, cl R; Sd L, XRIB, sd & fwd L trng to LOD(W. twl RF under jnd ld hnds R,L,R); Thru R, sd L to fc ptr, cl R blndg to BFY; [

INTERLUDE

- 1 – 2 **BALANCE L & R**
- 1 – 2 Sd L, trng slightly RF XRIB w/ rise(W. XLIB), rec L to fc ptr; sd R, trng slightly LF XLIB w/ rise[W. XRIB], rec R;

PART B

- 1 - 10 **WALTZ AWAY & TOG;; TWIRL V; PKUP CP; DIA TRN;;; 1 LF TRN; BK WALTZ;**
- 1 – 4 Fwd L trng LF, sd R, cl L to fc COH; Trng RF Fwd R, cont trn to pc ptr sd L, cl R To Bfy; Sd L, XRIB, sd & fwd L trng to LOD(W. twl RF under jnd ld hnds R,L,R); Fwd R LOD pkg up W to CP, Sd L, cl R[W. fwd L trng LF to CP, sd R, cl L];
- 5 – 10 Fwd L trng LF, sd R, bk L to Bjo; Bk R trng LF, Sd L, fwd R; Fwd L trng LF, sd R, bk L; Bk R trng LF, sd L, fwd R; Fwd L trng LF, sd R, cl L to CP fcG RLOD; Bk R,L,R;
- 11 - 16 **SPIN TRN; BX FIN; 2 LF TRNS;; TWIRL V; THRU,FC, CL TO BFY;**
- 11-16 Comm RF upper body trn Bk L pvtg ½ rf, Fwd R btwn W. feet heel to toe cont trnlvg lft leg bk, rec sd & bk L endg DLW(W. comm upper body rf trn Fwd R between M's feet heel to toe pvtg ½ rf, Bk L toe brushng R to L, Sd & fwd R); Bk R slight trn LF, Sd L, Cl R to DLC; Fwd L trng LF, sd R cont LF trn, cl L to fc DRG; Bk R cont LF trn, sd L endg trn to fc wall, cl R; Sd L, XRIB, sd & fwd L trng to LOD(W. twl RF under jnd ld hnds R,L,R); Thru R, sd L to fc ptr, cl R to BFY;

PART D

- 1 – 8 **BAL APT TO A WRAP; WHEEL 3; UNWRAP L. To OP; ROLL L. ACROSS To LOP; THRU TWINKLE; THRU,FC,CL; LF TRN BOX ½;;**
- 1 – 4 Maintaning both jnd hnds Bk L, raising jnd lead hnds leading W to comm. LF trn sm bk R w/rise, fwd L leading W to wrap pos to end 1/8 to ¼ trnd twd RLOD(W. Bk R, Rec L startg LF trn, stp R completg trn to end wrap pos); Wheel RF R,L,R to end LOD; Fwd L,R,L unwrapping W to OP\LOD (W roll RF R,L,R); Fwd R,L,R rolling W acrs to LOP\LOD(W. Fwd L, roll LF R,L);
- 5 – 8 Fwd L to LOD, fwd R trng ½ LF, cl L; Fwd R, sd L to fc ptr, cl R to CP\COH; Fwd L starting ¼ LF trn, sd R comp LF trn, cl L; Bk R w/ 1/4 LF trn, sd L comp trn, cl R to end fcg wall;
- 9 – 14 **HOVER; MANV; IMPETUS To SCP; THRU,FC,CL To BFY; TWIRL V; THRU,FC,CL To BFY;**
- 9 - 14 Fwd L, fwd and sd R with slight rise, rec L to SCP; Fwd R trng RF, cl L, sd R to CP\RLOD; M with soft knees & strtg upper body rotatn Bk L bringing R to L with no wgt for heel trn, chng wgt to R fin rotatn, fwd L[W. fwd R pvtg ½, fwd L arnd M cont trn, brushg R to L stp fwd R] to end SCP; Fwd R, sd L to fc ptr, cl R; Sd L, XRIB, sd & fwd L trng to LOD(W. twl RF under jnd ld hnds R,L,R); Thru R, sd L to fc ptr, cl R blndg to BFY;

End

1 - 2 **WALTZ AWAY; WRAP [UP]; PNT LOD**

1 - 2 Fwd L trng LF, sd R , cl L to fc COH; Fwd R trng RF to LOD, Fwd L, cl R leadg W. to wrap pos LOD
(W. fwd L,R,L trng LF to end wrapped pos); Pnt L fwd