Rockin good way

**Choreographer**
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**Record**

CD Shakin’ Stevens The Collection
On youtube: https://youtu.be/vBwfCB5OYvU

**Rhythm**
Jive Phase III + 1 (american spin) + 1 unphased (Mooch with chasse rolls)

**Footwork**
opposite for women, except notes in brackets

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**Sequence**
Intro A Bridge A B A B A Ending

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### Intro:

| 1 - 4 | Wait;; progressive rk 8;; |
| 1-2 | in BFLY/Wall wait 2 meas;; |
| 3-4 | Rk apt L, XRIF, rk apt L, XRIF; rk apt L, XRIF, rk apt L, XRIF;(CP/WALL) |

### Part A:

| 1 – 4 | Chasse L & R; change R to L ~ Shoulder shove;; |
| 1 | sdL/clR,sdL,sdR/clL,sdR; |
| 2 - 4 | (change R to L) rk bk L trng lt fc 1/4,rec R, sd L/cl R to L, sd L trng 1/4 LF, sd R/cl L to R, sd R (rk bk R, rec L, fwd R/cl L to R, fwd R begin 3/4 RF trn under raised lead hnds; sd L/cl R to L, sd L complete LF trn to end fcg ptr), (shoulder shove) rk apt L, rec R trng RF (W LF), sd L/cl R to L, sd L twd ptr bring M’s L and W’s R shoulders tog trng to fc ptrn; sd & bk R/cl L to R, bk R trng LF (W RF); |

| 5 - 7 | change hands behind bk ~ shoulder shove;; |
| 5 - 7 | (change his bed bk) Rk apt L, rec R ; fwd L/cl R, fwd L trn 1/4 LF (rk apt R, rec L, fwd R/cl L, fwd R trn 1/4 RF), chg W’s R hnd to M’s L hnd, sd & bk R/cl L, sd R cont trn 1/4 LF (W sd L/cl R, sd & bk L trn 1/4 RF); chg W’s R hnd to M’s L hnd to LOP-FCG RLOD, (shoulder shove) rk apt L, rec R trng RF (W LF), sd L/cl R to L, sd L twd ptr bring M’s L and W’s R shoulders tog trng to fc ptrn; sd & bk R/cl L to R, bk R trng LF (W RF); |

| 8-11 | change L to R ~ (Bfly / COH) American spin;; |
| 8-11 | (change L to R) Rk apt L, rec R, sd L/cl R to L, sd L trng 1/4 RF; sd R/cl L to R, sd R (rk apt R, rec L, fwd R/cl L to R, fwd R begin 34 LF trn under jnd ld hnds; sd L/cl R to L, sd R to Bfly/COH), (american spin) Rk apt L, rec R, sd L/cl R to L, sd L bring Ms L arm to Ws R arm, sd R/cl L to R, sd R (rk apt R, rec L; sd R/cl L to R, sd R pushing off M’s L hnd to spin RF full trn), sd R/cl L to R, sd R to LOP-FCG COH; |

| 12-13 ½ | link rk to fc Wall;~ |
| 12-13 ½ | Rk apt L, rec R; trng 1/2 RF sm fwd L/R, L (W trng 1/2 RF sm fwd R/L, R); sd R/cl L to L, sd R to CP/wall; |
| Note: (3rd time to Bfly/wall) |

### Bridge

| ½ | Rk, rec; |
| ½ | rk bk L rec R |
Part B:

1 – 9 ½

**Double rk into the Mooch with chasse rolls**:

rk bk L to SCP, rec R, rk bk L, rec R to ½OP/LOD; kick L fwd, cl L, kick R fwd, cl R; rk bk L, rec R, chasse L/R, L trng RF; chasse R/L, R trng RF, chasse L/R, L trng RF to end ½ LOP/LOD;

rk bk R, rec L, kick R fwd, cl R; kick L fwd, cl L, rk bk R, rec L; chasse R/L, R trng LF; chasse R/L, R trng LF to end SCP/LOD;

8 ½ - 9 ½

rk, rec, swivel 2;

Rk bk L to SCP LOD, rec R, swvlg RF on ball of R ft fwd L, swvlg LF on ball of L ft fwd R;

Ending:

1 – 3

**Windmill 2x**:

1-3

(windmill) Bfly pos - rk apt L, rec R, chasse in place L/R, L trng 1/4 LF; still trng LF chasse side & fwd R/L, R to end fchg COH, rk bk L, rec R; chasse in place L/R, L trng 1/4 LF, chasse side & fwd R/L, R to end fchg wall;

4 - 6

**fallaway rk ~ fallaway throwaway**:

4 - 6

(fallaway rock) Rk bk L to SCP/LOD, rec R to CP, sd L/cl L, sd L; sd R / cl L, sd R;

5 (fallaway throwaway) Rk bk L to SCP/LOD, rec R; fwd & sd L/cl L, sd L trng 1/8 LF; sd R/cl L, sd R

(fallaway rock) trng to SCP LOD rk bk L, rec R to CP COH; trng RF 1/4 on the triple sd L/cl L, sd L, cont turn sd R/cl L, sd R to CP/COH;

7 - 9

**link rk ~ R-turning fallaway**:

7 - 9

(link rock) Rk apt L, rec R, fwd L trng 1/4 RF/cl R, fwd L (W trng 1/4 RF sm fwd R/L, R), sd R/cl L, sd R to CP WALL); sd R/cl L to R, sd R;

(r trng fallaway) trng to SCP LOD rk bk L, rec R to CP COH; trng RF 1/4 on the triple sd L/cl L, sd L, cont turn sd R/cl L, sd R to CP/COH;

10 - 12

**R-turning fallaway ~, change R to L**:

10 - 12

(R-turning fallaway) Trng to SCP RLOD rk bk L, rec R to CP COH ; trng RF 1/4 on the triple sd L/cl L, sd L , cont turn sd R/cl L, sd R to CP WALL;

(change R to L) rk bk L trng lt fc1/4, rec R, sd L/cl L to R, sd L trng 1/4 LF, sd R/cl L to R, sd R (rk bk R, rec L, fwd R/cl L to R, fwd R begin ¾ RF trn under raised lead hnds; sd L/cl R to L, sd L complete LF trn to end fchg ptr);

13 - 15

**American spin ~ change L to R**:

13 - 15

(american spin) Rk apt L, rec R, sd L/cl R to L, sd L bring Ms L arm to Ws R arm/cl r to L; sd R/cl L to R, sd R, (rk apt R, rec L, sd R/cl L to R; sd R pushing off M’s L hnd to spin RF full tm), sd R/cl L to R, sd R to LOP-FCG COH,

(change L to R) Rk apt L, rec R; sd L/cl R to L, sd L trng 1/4 RF, sd R/cl L to R, sd R (rk apt R, rec L, fwd R/cl L to R, fwd R begin ¾ LF trn under jnd ld hnds; sd L/cl R to L, sd R to Bfly/COH);

16 - 18

**SCP** jive wks ~ swivel 4 ~ rk the boat**:

16 – 18

(jive walks) Rk bk L to SCP LOD, rec R in SCP, fwd L/cl L, fwd L; fwd R/cl L, fwd R,

(swivel walk 4) swiveling RF on ball of R ft fwd L, swiveling LF on ball of L ft fwd R; swiveling RF on ball of R ft fwd L, swiveling LF on ball of L ft fwd R;

(rock the boat) fwd L w/straight knee leaning fwd, relax knees cl R leaning bk; repeat;

19 -23

rk the boat ~ 2 fwd triples ~ swivel 4; rk the boat 2x; apt, pt-:

19-23

rock the boat) fwd L w/straight knee leaning fwd, relax knees cl R leaning bk,

(fwd triple) fwd L/cl R, fwd L; fwd R/cl L, fwd R,

(swivel walk 4) swiveling RF on ball of R ft fwd L, swiveling LF on ball of L ft fwd R; swiveling RF on ball of R ft fwd L, swiveling LF on ball of L ft fwd R;

(rock the boat) fwd L w/straight knee leaning fwd, relax knees cl R leaning bk;

(rock the boat) fwd L w/straight knee leaning fwd, relax knees cl R leaning bk,

Fc partner bk L, point R toward partner (W bk R, point L toward partner);
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Intro-: (4 meas) Wait;; progr rk 8;; Bfly / wall

Part A: (13 ½ meas) Chasse L & R; CP/wall change R to L ~ Shoulder shove;; change hands behind bk ~ shoulder shove;; change L to R ~ (Bfly / COH) American spin;; link rk to fc wall ~;

Bridge (2 beats) rk, rec-; Bfly/wall

Part A: (13 ½ meas) Chasse L & R; CP/wall change R to L ~ Shoulder shove;; change hands behind bk ~ shoulder shove;; change L to R ~ (Bfly / COH) American spin;; link rk to fc wall ~;

Part-B: (9 ½ meas) Double rk into the Mooch with chasse rolls;;;;;; CP/wall rk, rec, swivel 2;

Part A: (13 ½ meas) Chasse L & R; CP/wall change R to L ~ Shoulder shove;; change hands behind bk ~ shoulder shove;; change L to R ~ (Bfly / COH) American spin;; link rk to fc wall ~;

Part-B: (9 ½ meas) Double rk into the Mooch with chasse rolls;;;;;; CP/wall rk, rec, swivel 2;

Part A: (13 ½ meas) Chasse L & R; CP/wall change R to L ~ Shoulder shove;; change hands behind bk ~ shoulder shove;; change L to R ~ (Bfly / COH) American spin;; link rk to Bfly fc wall ~;

Ending: (23 meas) Windmill 2x;;;; Bfly/wall fallaway rk ~ fallaway throwaway;;;; link rk ~; R-turning fallaway 2x;;;; change R to L ~ American spin;;;; change L to R ~ (SCP) jive wks ;; swivel 4; rk the boat 2x; 2 triples; swivel 4; rk the boat 2x; apt & pt;