SHAKE RATTLE AND ROLL

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Record: CD, Shake Rattle And Roll a Rock’n Roll Tribute by the Sign Posters, Track 01 or Download 2:58 min
Rhythm & Phase: Jive, V +1 (Curly Whip) +1 (Charleston Kicks, Shuffling Door)       Footwork: Opposite except where noted

INTRO

1 - 4 WAIT 2.; SWEETHEART TWICE;;;
1-2 Wait in SHDW POS fc COH no hndz, trl feet freec;
3-4 Outsdt ptr rk fwd R, rec L, sm sd R/cl L, sd R; Outsdt ptr rk fwd L, rec R, sm sd L/cl R, sd L, sd L catching ptr with both hndz at waist level; [W(3-4): Rk bk L, rec R, sm sd L/cl R, sd L; Rk bk R, rec L, sm sd R/cl L, sd R;]
5-8 LINDY CATCH ENDING; CHANGE PLACES R TO L – CHANGE PLACES L TO R;;;;
5 Pull ptr bwd and rel hndhld fwr L, fwr L trn RF armd ptr, fwr L/cl R, fwr R to LOP WALL;
5-8 XLIB R, sd L, XLIB of L, sd R to half OP fc LOD; [W (12): XLIB L, sd L, XLIB of L, sd L to half OP fc LOD;]

PART A

1 - 4 CHARLESTON KICKS;;; ROCK, RECOVER, MANEUVER TRIPLE; WHIP TURN TO HALF OP;
1-4 Half OP LOD rk bk L, rec R, kick fwr L, stp fwr L; Kick fwr R, lift R knee bring R foot undr body kick down R, kick bk R, stp bk R; Rk bk L, rec R, comm RF trn sd & fwr L/cl R, L to CP RLOD; XLIB L, cont RF trn sd L, sd R/cl L, sd R to half OP LOD;
5-8 CHARLESTON KICKS;;; ROCK, RECOVER, MANEUVER TRIPLE; WHIP TURN TO SCP;
5-8 Repeat actions meas 1-4 A to SCP LOD;;;;

PART B

1 - 8 UNDERARM TURN & GLIDE;; SHDW BRKS TWICE;; UNDERARM TURN & GLIDE;; SHDW BRKS TWICE;;
1-4 Rk apt L, rec R, comm RF trn raising jnd R hndz sd & fwr L/cl R, sd & bk L keep R HNDSHK fc COH; Sd L, XLIB of R, sd R/cl L, sd R; Still keep R HNDSHK trn ½ LF rk bk L, rec R trn to fc ptr, sd L/cl R, sd L; Trn ½ RF rk bk R, rec L, sd R/cl L, sd R;
5-8 Repeat actions meas 1-4 PART B starting in R HNDSHK fc COH ending in R HNDSHK fc WALL;;;;
CONT PART B

9 - 12 MIAMI SPECIAL – LINK TO DOUBLE WHIP TURN TO HALF OP;;;

9-12 Rk apt L, rec R, fwd L/R, L trng ¾ RF to ld Lady to trn LF undr jnd R hnds puttg jnd R hnds over M’s hnd s nd R hnds rest bnd M’s neck:  Sd R/cl L, sd R to LOP fc COH, rk apt L, rec R;  Fwd L/cl R, fwd R trn 3/8 RF to CP DLW, cnt trng RF XRib L, sd L;  XRib L, sd L compl full trn on last 4 Steps to CP DLW again, sd R/cl L, sd R trn to half OP LOD;

[ W(9-12): Rk apt R, rec L fwd R/L, R trn ¾ LF undr jnd R hnds; Sd L/cl R, sd L rel hndhld nd slide R hnd down M’s L arm end LOP, rk apt R, rec L;  Fwd R/cl L, fwd R trn 3/8 RF, cont trng RF fwd L, fwd R;  Fwd L, fwd R compl full trn on last 4 steps, sd L/cl R, sd L;]

PART C

1 - 8 START MOOCH – WITH CHASSE ROLL – FINISH MOOCH – WITH CHASSE ROLL;;; ;  SAILOR SHUFFLES;

1-7 Rk bk L, rec R, kick fwd L, step on L;  Kick fwd R, step on R, rk bk L, rec R to fc ptr;  Sd L/cl R cont RF trn, bk L trn to bk-to-bk, sd R/cl L cont RF trn, fwd R twd LOD cont trn to fc ptr;  Sd L/cl R cont RF trn, sd & bk L to lst half OP fc RLOD, rk bk R, rec L;  Kick fwd R, step on R, kick fwd L, step on L;  Rk bk R, rec L to fc ptr, sd R/cl L cont LF trn, bk R trn to bk-to-bk;  Sd L/cl R cont LF trn, fwd L twd RLOD cont trn to fc ptr, sd R/cl L cont LF trn, sd R to LOP fc WALL;

8 XLib R/sd R, sm sd L, XRib L/sd L, sm sd R;

9-12 CURLY WHIP;;  ROCK, RECOVER, SWIVEL 2;  THROWAWAY TO LOP BOTH FC WALL;

9-12 Rk bk L, rec R, sd L/cl R, sd L trn 1/8 RF;  Cont trng RF XRib L, sd L, sd R/cl L, sd R end CP WALL;

Trn to SCP LOD rk bk L, rec R, swvl fwd L, R;  Sm fwd L/cl R, fwd L, sip R/L, R trn to LOP both fc WALL;

[ W(9-10): Rk bk R, rec L comm LF trn, sd R/cl L, sd R trn 7/8 over lst 4 steps;  Sd & fwd L, XRif of L, sd L/cl R, sd L compl 7/8 RF trn over lst 7 steps;]

PART D

1 - 4 SHUFFLING DOOR TWICE;;;;

1-2 XLib R, rec R, sd L/cl R, sd L chg sds in bhd of ptr to OP both fc WALL;  XRib L, rec L, sd R/cl L, sd R chg sds in frnt of ptr to LOP both fc WALL;

[ W (1-2): XRib L, rec L, sd R/cl L, sd R chg sds in frnt of ptr;  XLib R, rec R, sd L/cl R, sd L chg sds in bnd of ptr;]

3-4 Repeat actions meas 1-2 Part D to LOP fc ptr nd LOD;;

5 - 8 CHANGE PLACES L TO R WITH CONTINUOUS CHASSE;;  LINDY CATCH;;

5-8 Rk apt L, rec R, sm sd chasse L/R, L trn ¾ RF [W: LF trn undr jnd ld hnds];  Sd R/ cl L, sd R/cl L, sd R/cl L, sd R to LOP fc ptr nd WALL;;  Rk apt L, rec R, fwd L/cl R, fwd L movg RF arnd ptr catchg her at waist with R hnd relg L hnd;  Fwd R, fwd L cont to move arnd ptr, fwd R/cl L, fwd R to LOP fc ptr nd WALL;

9 - 12 STOP & GO WITH DOUBLE STOP ACTION;;;  BACK VINE 4 TO HALF OP;

9-12 Repeat actions meas 9-12 of INTRO ;;;;

END

1 - 4 MIAMI SPECIAL - LINK TO DOUBLE WHIP INTO SD LUNGE;;;;

1-4 Repeat action 9-12 PART B but last sd step goes into a big R lunge;;;;