

ROCK 'N ROLL HEART



Coreographers: Chris and Terri Cantrell, 960 Garnet, Broomfield, Colorado, 80020 (303) 469-9140
Record: Warner Bros (Duck) #GWB0455 "I've Got a Rock 'N Roll Heart" Eric Clapton or Warner Bros #7-29780 (flip "Man In Love")
Rhythm: Jive, Phase IV
Sequence: Intro A B A B C B C(1-5) Ending



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INTRODUCTION

1-4 Wait; Wait; Rock the Boat; Kick Twice, Bk 2;

- [1] Wait SCP-LOD M L W R ft free;
 [2] Wait;
 QQQQ [3] (Rock the Boat) Fwd L w/ straight knee leaning fwd (W fwd R w/ straight knee leaning fwd), rocking motion & relaxed knees cls R leaning back (W cls L), repeat first half measure 3 - intro end SCP-LOD;
 QQQQ [4] (Kick Twice, Bk 2) Kick L LOD twice no wgt., bk L, bk R end SCP-LOD;

PART A

1-4 Fallaway Right Face Turn Twice;; Rk Rec, Kick Ball Change;

- QQQ&Q [1] (Fallaway Right Face Turn) Rk bk L SCP-LOD, rec R to fce, trn RF 1/4 sd L/cls R, sd L;
 Q&QQQ [2] Trn RF 1/4 sd R/cls L, sd R SCP-RLOD, (Fallaway Right Face Turn) Rk bk L SCP-RLOD, rec R to fce;
 Q&QQ&Q [3] Trn RF 1/4 sd L/cls R, sd L, trn RF 1/4 sd R/cls L, sd R SCP-LOD;
 QQ&Q [4] (Rk Rec) Rk bk L in SCP-LOD, rec R, (Kick Ball Change) Kick L fwd/take wgt on ball of L, rec wgt on R;

5-8 Jive Walks;; Sd Tch, Chasse; Rk Rec, Shoulder Shove;

- Q&QQ&Q [5] (Jive Walks) Fwd L/cls R, fwd L, fwd R/cls L, fwd R;
 QQQQ [6] Swivel walk 4 L, R, L, R fce ptrnr & wall;
 QQQ&Q [7] (Sd Tch, Chasse) Sd L, tch R to L, sd R/cls L, sd R LOP-fcg wall;
 QQQQ [8] (Rk Rec) Rk apt L to center, rec R to fce & slightly RLOD, (Shoulder Shove) Lower into knees sd L twd ptrnr & rub lft shoulder against W's right shoulder fce RLOD, rec R trn to Bfly-wall;

9-13 Spanish Arms, Change Hands Behind the Back;; Change Places L to R;

- QQQ&Q [9] (Spanish Arms) Rk apt L, rec R, fwd L/cls R, sd L trn 1/4 RF raise M lft W right hands above W & M right W lft hands in frnt of W (W trn 1/4 LF in frnt of M fce RLOD);
 Q&QQQ [10] Fwd R/cls L, fwd R trn 1/4 RF LOP-fcg COH, (Change Hands Behind the Back) Rk apt L, rec R change to M right W right hands joined;
 Q&QQ&Q [11] Fwd L/cls R, fwd L trn 1/4 LF change to M lft W right hnds jnd beh M's bk (W trn RF end beh M fcg RLOD), slight bk R/cls L, bk R trn 1/4 LF LOP-fcg wall;
 QQQ&Q [12] (Change Places L to R) Rk apt L, rec R, fwd L/cls R, fwd L trn 1/4 RF lead W to trn LF under jnd hnds;
 Q&QQQ [13] Sd R/cls L, sd R, rk apt L, rec R to LOP-fcg RLOD;

Rock 'N Roll Heart Continued

PART B

1-4 Chicken Walks 2 Slow; 4 Quick; Throwaway; Double Rock;

- SS [1] (Chicken Walks 2 Slow) Bk L (W fwd w/ slght swiveling action of feet), bk R;
QQQQ [2] (Chicken Walks 4 Quick) Bk L, R, L, R;
Q&QQ&Q [3] (Throwaway) In place L/R (W pick up R/L), In place L (W cont picking up R), fwd & sd R/L (W bk L/R), fwd R make 1/2 trn LF over figure (W bk L) OP-fcg LOD;
QQQQ [4] (Double Rock) Rk apt L, rec R, rk apt L, rec R;

5-8 Chicken Walks 2 Slow; 4 Quick; Change Places L to R, Commence Windmill;

- SS [5] (Chicken Walks 2 Slow) Repeat measure 1 - part B;
QQQQ [6] (Chicken Walks 4 Quick) Repeat measure 2 - part B;
QQQ&Q [7] (Change Places L to R) Repeat measure 12 - part A;
Q&QQQ [8] Repeat first 2 beats measure 13 - part A to Bfly-wall,, (Windmill) Rk apt L, rec R;

9-12 Continue Windmill; Spanish Arms, Link Rock;;;

- Q&QQ&Q [9] In place L/R (W sd R/L), L trn 1/4 LF to fce (W R trn 1/4 L), sd R/L (W in place L/R), R trn 1/4 LF (W L trn 1/4 LF) Bfly-COH;
QQQ&Q [10] (Spanish Arms) Repeat measure 9 - part A Bfly-wall;
Q&QQQ [11] Repeat first 2 beats measure 10 - part A,, (Link Rock) Rk apt L, rec R;
Q&QQ&Q [12] Small chasse fwd L/cls R, fwd L, sd R/cls L, sd R to SCP-LOD;

PART C

1-4 Fallaway Left Face Turn Twice;;; Rk Rec, Rock the Boat 2;

- QQQ&Q [1] (Fallaway Left Face Turn) Rk bk L SCP, rec R to fce, trn LF 1/4 sd L/cls R picking up W (W trn LF 1/4 sd R/cls L), sd L (W sd R);
Q&QQQ [2] Trn LF 1/4 sd R/cls L (W trn LF 1/4 sd L/cls R), sd R (W sd L) SCP-RLOD, (Fallaway Left Face Turn) Rk bk L SCP, rec R;
Q&QQ&Q [3] Trn LF 1/4 sd L/cls R picking up W (W trn LF 1/4 sd R/cls L), sd L (W Sd R), trn LF 1/4 sd R/cls L (W trn LF 1/4 sd L/cls R), sd R (W sd L) SCP-LOD;
QQQQ [4] (Rk Rec) Rk bk L SCP, rec R, (Rock the Boat 2) Repeat first 2 beats measure 3 - intro,;

5-8 Rock the Boat 4; Kick Twice LOD, Bk Sd Thru; Kick Twice, Bk Sd Thru; M's Throwaway;

- QQQQ [5] (Rock the Boat 4) Repeat measure 3 - intro;
QQQ&Q [6] (Kick LOD Twice) Kick L LOD twice no wgt,, (Bk, Sd, Thru) Bk L/sd R trn to fce, thru L to LOP RLOD;
QQQ&Q [7] (Kick RLOD Twice) Kick R RLOD twice no wgt,, (Bk, Sd, Thru) Bk R/sd L to fce, thru R to SCP-LOD;
Q&QQ&Q [8] (M's Throwaway) Fwd L commence RF trn/cls R, (W in place R/L), cont RF bk & sd L, (W in place R), bk & sd R/cls L (W Fwd & sd L/cls R), bk & sd R LOP-fcg RLOD (W fwd & sd L);

ENDING

1-4 Kick Twice LOD, Bk, Point Sd.

- QQQQ [1] Kick L LOD twice no wgt,, bk L, point R twd RLOD (W point L);

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