

COMPOSERS : George & Judie McFarlane (916) 929-6617
2265 Ralston Road, Sacramento, CA 95821
RECORD : RCA Gold Standard, 447-0628, (Elvis Presley)
FOOTWORK : Opposite unless otherwise noted
SEQUENCE : Intro,A,A,B,A,B,A,END

ROUNDALAB Phase IV+2
(Sailor Shuffle, She Go He Go)

INTRO

- 1-4 **SAILOR SHUFFLE TWICE;; PROGRESSIVE ROCK 4; CHASSE L & R;**
1-2 Wait 2 pkup notes in bffy - xLib/sd R,sd L,xRib/sd L,sd R; xLib/sd R,sd L,xRib/sd L,sd R;
3-4 rk apt L,rec xRif,rk apt L,rec xRif to cpw; sd L/cl R,sd L,sd R/cl L,sd R;

PART A

- 1-6 **CHG PLACES R TO L (LOD) SHLDR SHOVE;;; LINK RK JIVE WALKS TO OP;;;**
1-3 rk bk L to scp,rec R,sd L/cl R,sd L (W fwd R trng rf under jnd lead hnds to fc ptr);
sd R/cl L,sd R to lop lod, rk apt L,rec R trng rf (W trng lf); sd L/cl R,sd L twd ptr bringing
shoulders tog and trng to fc ptr,bk R/cl L, bk R (W sd L/cl R,sd L);
4-6 rk apt L,rec R,fwd L/cl R,fwd L (W fwd R/L,R trng rf) to scp lod; sd R/cl L,sd R to cpw,
rk bk L to scp,rec R; fwd L/cl R,fwd L,fwd R/cl L,fwd R to op lod;
7-12 **STP KICK CHASSE ROLL (RLOD) STP KICK;; THROWAWAY;**
CHICKEN WALKS (2S - 2Q) LINK RK;;;
7-9 fwd L,kick R fwd,sd R rld trng to fc ptr/cl L,fwd R trng rf (W trn lf); cont trn sd L/cl R,
sd L to lop fcng ptr,fwd R rld,kick L fwd; sd L/cl R,fwd L (W sd R/cl L,bk R) trng lf to cp
lod,sd R/cl L,sd R (W bk L/cl R,bk L) to lop fcng ptr & lod;
10-12 bk L (W fwd R with swling action & L hnd on hip),-,bk R (W fwd L with swling action),-;
bk L,R,rk apt L,rec R; fwd L (W fwd R)/cl R,fwd L,sd R/cl L,sd R trng to cpw;

PART B

- 1-4 **SHE GO HE GO CHG HANDS BEH BK (SCP);;; STP KICK TWICE;**
1-3 rk apt L,rec R,fwd L/cl R,fwd L trng 1/4 rf (W trn lf under jnd lead hnds); fwd R/cl L,fwd R
trng 3/4 lf under jnd lead hnds (W trn 1/4 lf) to fc ptr,rk apt L,rec R; fwd L/cl R,fwd L trng
1/4 lf & chg W's R hnd to M's R hnd (W fwd trng rf beh ptr),sd R/cl L,sd R cont lf trn &
chg W's R hnd to M's L hnd beh M's back to scp lod;
4 stp in place L,kick fwd R,stp in place R,kick fwd L to scp;
5-8 **RK THE BOAT TWICE; PRETZEL TURN;;;**
5 f:vd L with straight knee,cl R relaxing knee and bending slightly backward,fwd L with
straight knee,cl R relaxing knee and bending slightly backward;
6-8 rk bk L,rec R,sd L/cl R,bk L trng rf (W trn lf) and keep lead hnds jnd; cont trn sd R/cl L,
fwd R (end sd by sd with M's L and W's R hands jnd beh their backs) rk fwd L,rec R;
begin lf trn (W rf trn) sd L/cl R,fwd L,sd R/cl L,sd R to cpw;

END

- 1-4 **SAILOR SHUFFLE TWICE;; PROGRESSIVE RK 4; CHASSE L & R;**
1-4 Repeat measures 1-4 of Intro.
5-8 **THROWAWAY; CHICKEN WALKS (2S - 2Q) LINK/PT SD;;;**
5-6 sd L/cl R,sd L (W pkup R/cl L,sd R),sd R/cl L,sd R (W bk L/cl R,bk L) to lop fcng ptr & lod;
bk L (W fwd R with swling action & L hnd on hip),-,bk R (W fwd L with swling action),-;
7-8 bk L,R,rk apt L,rec R; fwd L (W fwd R)/cl R,fwd L,-,point R sd to wall;