

# Dinosaur Rock & Roll

Choreographers: TJ & Bruce Chadd, 975 W Louisville Ct, Meridian, ID 83642

Phone: (208) 887-1271

email: TJChadd@gmail.com

Music: "Dinosaur Rock and Roll" by Joanie Bartels

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Music available via single download from Napster.com, Walmart.com, etc.

Rhythm: Jive

Phase: IV + 1 (Stop & Go)

Tempo: Slow music approximately 9% to 40-41 rpm for comfort

Sequence: Intro ABC ABC C End

Footwork: Opposite for Woman (except where noted)

## INTRO (4 Measures)

1-4 **WAIT: KICK BALL CHG 2X; SWVL WK TOG 2 SLO & 4 QK TO LOOSE CP::**

1 (Wait) Man fcing wall, lady fcing man 6-8 ft apt ~ wait 1 measure;

2 (Kick Ball Chg 2X) Kick L fwd, take weight on ball of L ft, replace weight on R ft; Repeat;

3-4 (Swvl Wk Tog 2 Slo & 4 Qk) Swvl wk fwd twd ptr L,-, R,-,; L, R, L, R to loose CP;

## PART A (16 Measures)

1-4 **BASIC RK ~ RT TRNING FALLAWAY;;; RK, REC & SWVL WK 2;**

1-4 (Basic Rk) Fcing ptr rk apt L, rec R, sd L/clo R, sd L; Sd R/clo L, sd R,

(Rt Trning Fallaway) Rk bk L to SCP, rec R to fc, commence 1/4 RF trn sd L/clo R, complete trn sd L;

Commence 1/4 RF trn sd R/clo L, complete trn sd R leaving man fcing COH and lady fcing wall,

(Rk, Rec & Swvl Wk 2) Rk Bk SCP RLOD L, rec R, swvl wk fwd L,R to fc ptr;

5-8 **CHASSE L & R; RT TRNING FALLAWAY ~ CHG R TO L::**

5 (Chasse L & R) Sd L/clo R, sd L, sd R/clo L, sd R;

6-8 (Rt Trning Fallaway) Rk bk L to SCP, rec R to fc, commence 1/4 RF trn sd L/clo R, complete trn sd L;

Commence 1/4 RF trn sd R/clo L, complete trn sd R leaving man fcing wall and lady fcing COH,

(Chg R to L) Rk bk L to SCP, rec R, sd L/clo R, sd L commence 1/4 LF trn; Sd & fwd R/clo L, sd R to fc LOD, (Rk bk R to SCP, rec L, sd R/clo L, fwd R commence 3/4 RF trn under joined lead hnds; Sd & slightly bk L/clo R, sd & bk L to fc RLOD,)

9-13 **STOP & GO:: CHG HND BEH THE BK ~ SPANISH ARMS W/ LADY SPIN 1X::**

9-10 (Stop & Go) Rk bk L, rec R, fwd L/clo R, fwd L [man catches woman w/ R hnd on woman's L shldr blade at end of triple to stop her movement]; Rk fwd R, rec L, small bk R/clo L, bk R; (Rk bk R, rec L, fwd R commence 1/2 LF trn/clo L,

bk R complete 1/2 LF trn under joined hnd to end at man's R sd; Rk bk L, rec R, fwd L commence 1/2 RF trn/clo R,

bk L complete 1/2 RF trn under joined hnds to end fcing man;

(Chg Hnds Behind the Bk to R Hndshk) Rk apt L, rec R, fwd L starting 1/4 LF trn & placing R hnd over woman's R hnd/clo R,

fwd L releasing L hnd & completing 1/4 LF trn to tandem in front of woman; Sd & bk R starting 1/4 LF trn & placing

L hnd behind man's bk/clo L transferring woman's R hnd to man's L hnd behind his bk, sd & bk R

completing 1/4 LF trn and chging to R handshake, (Rk apt R, rec L, fwd R starting 1/4 RF trn/clo L, fwd R completing

1/4 RF trn to tandem behind man; Sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn,)

(Spanish Arms w/ Lady Twirl 1X) Rk Bk L, rec R trning RF, sd L/clo R, sd L continuing RF trn; Sd R/clo L, sd R,

(Rk bk R, rec L trning 1/4 LF, sd R/clo L, sd R trning 3/4 RF to fc ptr then spinning in place on R ft under joined lead hnds

1 full trn to end fcing ptr; Sd L/clo R, sd L,

14-16 **CHG L TO R TO FC WALL ~ RK, REC & SD DRAW CLO BFLY::**

14-16 (Chg L to R) Rk bk L, rec R, sd L/clo R, sd L commence 1/4 RF trn to fc wall; Sd R/clo L, sd R, (Rk bk R, rec L, fwd R/clo L, fwd R

commence 3/4 LF trn under joined lead hnds; Sd L/clo R, sd L complete LF trn to fc ptr,)

(Rk, Rec & Sd Draw Clo) Rk bk L to SCP, rec R to fc ptr; Sd L drawing R to L,-, step R blending bfly;

## PART B (8 Measures)

1-2 **TRAVELING SAND STEP 2X::**

1-2 (Traveling Sand Step 2X) Swling RF on R ft tch L toe to instep of R ft w/ toe pointed inward, swiveling LF on R ft small sd L, swiveling RF on L ft tch R heel to floor toe pointed outward, swiveling LF on L ft XRIF; Repeat;

3-6 **(NO RK) PREZTEL TRN ~ UNWRAP THE PRETZEL ~ CHG R TO L::**

3-6 (No Rk Pretzel Trn ~ Unwrap the Pretzel) Sd L/clo R, sd L trning 1/2 RF keeping man's L and woman's R hnds joined [ptrs are in a

bk to bk pos], sd R/clo L, sd R trning 1/4 RF [ptrs are now in a bk to bk "V" w/ man's L and woman's R hnds joined beh the bk];

Rk fwd L XIF to LOD w/ R hnd extended fwd, rec R trning 1/4 LF, sd L/clo R, sd L trning 1/2 LF to fc ptr still maintaining man's L and woman's R hnds; Sd R/clo L, sd R,

(Chg R to L) Rk bk L to SCP, rec R; sd L/clo R, sd L commence 1/4 LF trn, sd & fwd R/clo L, sd R to fc LOD; (Rk bk R to SCP, rec L;

sd R/clo L, fwd R commence 3/4 RF trn under joined lead hnds, sd & slightly bk L/clo R, sd & bk L to fc RLOD;)

7-8 **CHG L TO R W/ CONTINUOUS CHASSE::**

7-8 (Chg L to R w/ Continuous Chasse) Rk bk L, rec R, sd L/clo R, sd L commence 1/4 RF trn to fc wall; Sd R/clo L, sd R/clo L, sd R/clo L, sd R;

(Rk bk R, rec L, fwd R/clo L, fwd R commence 3/4 LF trn under joined lead hnds; Sd L/clo R, sd L/clo R, sd L/clo R, sd L;)

"Dinosaur Rock & Roll " ~ Continued

**PART C (8 Measures)**

- 1-4 **FALLAWAY THROWAWAY ~ KICK BALL CHG;; CHICKEN WKS 2 SLO & 4 QK;;**  
1-2 **(Fallaway Throwaway)** Rk bk L, rec R, sd L/clo R, sd L; Sd R/clo L, sd R commence 1/4 LF trn on triples to fc LOD, (Rk bk R, rec L, PU R/L, R; Sd & bk L/clo R, sd L commence 1/2 trn on the triples to fc RLOD,)  
**(Kick Ball Chg)** Kick L fwd, take weight on ball of L ft, replace weight on R ft;  
3-4 **(Chicken Wks 2 Slo & 4 Qk)** Bk L, -, bk R, -; Bk L, bk R, bk L, bk R; (Fwd R w/ swvl, -, fwd L w/ swvl, -;  
Fwd R w/ swvl, fwd L w/ swvl, fwd R w/ swvl, fwd L w/ swvl;)  
5-8 **CHG HNDS BEHIND THE BK TO R HANDSHAKE ~ TRIPLE WHEEL TO FC WALL;:::**  
5-8 **(Chg Hnds Behind the Bk to R Hndshk)** Rk apt L, rec R, fwd L starting 1/4 LF trn & placing R hnd over woman's R hnd/clo R, fwd L releasing L hnd & completing 1/4 LF trn to tandem in front of woman; Sd & bk R starting 1/4 LF trn & placing L hnd behind man's bk/clo L transferring woman's R hnd to man's L hnd behind his bk, sd & bk R completing 1/4 LF trn and chging to R handshake, (Rk apt R, rec L, fwd R starting 1/4 RF trn/clo L, fwd R completing 1/4 RF trn to tandem behind man; Sd & bk L starting 1/4 RF trn/clo R, sd & bk L completing 1/4 RF trn,)  
**(Triple Wheel to fc Wall)** Rk apt L, rec R; Commence RF wheel sd L/clo R, sd L trning in toward ptr and tch her bk w/ man's L hnd, continue RF wheel sd R/clo L, sd R trning away from ptr; Continue RF wheel sd L/clo R, sd L trning in toward ptr and touch her bk w/ man's L hnd, leading the woman to spin RF sd R/clo L, sd R; (Rk apt R, rec L trning 1/4 LF; Commence RF wheel sd R/clo L, sd R trning away from ptr, continue RF wheel sd L/clo R, sd L trning toward ptr & tch his bk w/ woman's L hnd; Continue RF wheel sd R, clo L, sd R spinning RF on R ft to fc ptr, sd L/clo R, sd L;

**REPEAT PART A (16 Measures)**

**REPEAT PART B (8 Measures)**

**REPEAT PART C (8 Measures)**

**REPEAT PART C (8 Measures)**

**END (6 Measures)**

- 1-3 **BASIC RK ~ RT TRNING FALLAWAY 1X;:::**  
1-3 **(Basic Rk)** Fcing ptr rk apt L, rec R, sd L/clo R, sd L; Sd R/clo L, sd R,  
**(Rt Trning Fallaway)** Rk bk L to SCP, rec R to fc, commence 1/4 RF trn sd L/clo R, complete trn sd L;  
Commence 1/4 RF trn sd R/clo L, complete trn sd R leaving man fcing COH and lady fcing wall,  
4-6 **RK, REC & SD DRAW CLO ~ TO RLOD SLO DBL TWIRL THE LADY MAN LIMP 4 ~**  
**LUNGE SD & HOLD (\*\*Optional: LAY BACK & HOLD);:::**  
4 **(Rk, Rec & Sd Draw Clo)** Rk bk L to SCP, rec R to fc ptr; Sd L drawing R to L, -, step R;  
5-6 **(To RLOD Slo Dbl Twirl the Lady/Man Limp 4)** w/ Lead hnds joined and raised between ptrs....sd L, XRIF, -, -; Repeat;  
(Lady twirls under lead hnds RF w/ R, L, -, -; Repeat;)  
**(Lunge Sd & Hold)** Step sd on L softening L knee w/ R leg extended straight to side.

**\*\*\*Optional Layback:** Blending to CP after last twirl sd & fwd L placing R arm around woman's waist & lower trning LF lead arm extends straight up (Woman sd R placing R arm around man's waist swvl & quickly lower to a lay back position on man's knee extending L arm bk toward LOD