

CHOREOGRAPHERS: Russ and Judy Francis, 142 E. 1450 N. Layton, Ut, 801-628-4752, Email: rounds-by-russ@comcast.net
MUSIC: MP-3 Download @ Amazon.com "Old Time Rock N' Roll" Artist: Sam Morrison
FOOTWORK: Opposite For Woman Except where Noted
NOTE: May use [Option fwd/lck/fwd – or – bk/lck/bk] where applicable
RHYTHM: JIVE
DANCE LEVEL: Phase V
SPEED: 45 RPM
RELEASED: DEC 2010

SEQUENCE: INTRO – A – B – C – B – D – D – END

INTRO

1 LFT OPN FCNG WALL WAIT ONE MEAS;

PART A

1 – 24 **LINK RK;**,, **CHG R TO L;**,, **SHLDR SHOVE;**,, **CHG L TO R;**,, **AMER SPIN;**,, **LINK TO WHIP TRN;**,,;
(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL, **(Chg R To L)** Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; trng slightly lft fc in plc R/L,R to LOPN diag LOD/COH, **(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; trng ¾ rt fc undr lead hnds bk chasse L/R,L,)** **(Shldr Shv)** Rk bk L, rcvr R, trng ¼ rt fc chasse L/R,L to tch Man's lft shldr to Woman's rt shldr; shoving off frm shldrs & trng ¼ lft fc bk chasse R/L,R to LOPN diag LOD/COH, **(Chg L To R)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,)** **(Amer Spin)** Rk bk L, rcvr R, in plc L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, fwd chasse R/L, spin full rt fc trn R; chasse L/R,L,)** **(Link To Whip Trn)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L to CP diag RLOD/COH; trng 5/8 rt fc cross R bhnd L, sd L to CP/WALL, sd chasse R/L,R; **(Woman rk bk R, rcvr L, trng 3/8 lft fc chasse R/L,R to CP; trng 5/8 lft fc sd L, cross R in frnt to CP, sd chasse L/R,L;)**

FALLAWY-THROWAWY;,, **CHG BHND BK;**,, **CHG L TO R – CTR;**,, **SHE GO – HE GO – WALL;**,, **LINK RK;**,,;
(Fallawy-Throwawy) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/LOD, **(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; bk chasse L/R,L,)** **(Chg Bhnd Bk)** Rk bk L, rcvr R, trng ¼ lft fc chasse L/R,L bhnd the back chg to rt hnds jnd; trng ¼ lft fc chasse R/L,R chg hnds to LOPN/RLOD, **(Woman rk bk R, rcvr L, work arnd Man's rt sd fwd chasse R/L,R; trng ½ rt fc chasse L/R,L,)** **(Chg L To R)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/COH, **(Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,)** **(She Go – He Go)** Rk bk L, rcvr R; trng ¼ rt fc chasse L/R,L; trng ¾ lft fc undr lead hnds chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ½ lft fc trn undr lead hnds chasse R/L,R; chasse L/R,L,)** **(Link Rk)** Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL,

CHG R TO L;,, **STOP N' GO;**,, **CHG L TO R – WALL;**,, **LINDY CATCH;**,,;
(Chg R To L) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; trng slightly lft fc in plc R/L,R to LOPN diag LOD/COH, **(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; trng ¾ rt fc undr lead hnds bk chasse L/R,L,)** **(Stop N' Go)** Rk bk L, rcvr R; in plc L/R,L catch Woman on her bk with rt hnd; cross R in frnt, rcvr L, in plc R/L,R to LOPN diag LOD/COH; **(Woman rk bk R, rcvr L; trng ½ lft fc undr lead hnds chasse R/L,R; rk bk L shoot lft arm straight up, rcvr R bring arm down, trng ½ rt fc undr lead hnds chasse R/L,R,)** **(Chg L To R)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,)** **(Lindy Catch)** Rk bk L, rcvr R, work arnd Woman's rt sd catch Woman's waist with rt hnd fwd chasse L/R,L; fwd R, fwd L, chasse R/L,R to LOPN/WALL; **(Woman rk bk R, rcvr L, fwd chasse R/L,R; thrusting both arms fwd rk fwd L, rcvr R, bk chasse L/R,L,)**

PART B

1 – 8 **LINK RK;**,, **PRETZ TRN;**,, **DBL RK-RCVR;** **UNWRAP THE PRETZ,**, **FALLAWY-THROWAWY;**,,;
(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL, **(Pretz Trn)** Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, rls trail hnds keep lead hnds jnd & trng ¾ rt fc fwd chasse L/R,L; chasse R/L,R to end in bk to bk position extend trail hnds twds LOD tchng palms with Man fcng COH & Woman fcng WALL, **(Dbl Rk/Rcvr)** Twds LOD crossing L in frnt rk fwd, rcvr R, rk fwd L, rcvr R; **(Unwrap Pretz)** Trng ¾ lft fc twds RLOD fwd chasse L/R,L chasse R/L,R to CP/WALL; **(Fallawy-Throwawy)** Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/LOD, **(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; bk chasse L/R,L,)**

CHG L TO R;,,;
(Chg L To R) Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,)**

PART C

1 – 24

LINK RK;;, FALLAWY-THROWAWY;;, CHG BHND BK;;, CHG L TO R – CTR;;, SHE GO – HE GO – WALL;;,
(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL, **(Fallawy–Throwawy)** Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/LOD, **(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; bk chasse L/R,L,) (Chg Bhnd Bk)** Rk bk L, rcvr R, trng ¼ lft fc chasse L/R,L bhnd the back chg to rt hnds jnd; trng ¼ lft fc chasse R/L,R chg hnds to LOPN/RL0D, **(Woman rk bk R, rcvr L, work arnd Man's rt sd fwd chasse R/L,R; trng ½ rt fc chasse L/R,L,) (Chg L To R - Ctr)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/COH, **(Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,) (She Go – He Go - Wall)** Rk bk L, rcvr R; trng ¼ rt fc chasse L/R,L; trng ¾ lft fc undr lead hnds chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ½ lft fc trn undr lead hnds chasse R/L,R; chasse L/R,L)**

STOP N' GO;;, AMER SPIN;;, LINK RK;;, RT TRNG FALLAWY;;, FALLAWY-THROWAWY;;,
(Stop N' Go) Rk bk L, rcvr R; in plc L/R,L catch Woman on her bk with rt hnd; cross R in frnt, rcvr L, in plc R/L,R to LOPN/WALL; **(Woman rk bk R, rcvr L; trng ½ lft fc undr lead hnds chasse R/L,R; rk bk L shoot lft arm straight up, rcvr R bring arm down, trng ½ rt fc undr lead hnds chasse L/R,L; (Amer Spin)** Rk bk L, rcvr R, in plc L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, fwd chasse R/L, spin full rt fc trn R; chasse L/R,L,) (Link Rk)** Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL,

CHG BHND BK;;, SHLDR SHOVE;;, LINDY CATCH;;, CHG L TO R;;, LINK TO WHIP TRN;;,
(Rt Trng Fallawy) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, trng ¼ rt fc chasse L/R,L; trng ¼ rt fc chasse R/L,R to CP/COH, **(Fallawy–Throwawy)** Trng ¼ lft fc to SEMI/RL0D rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/RL0D, **(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; bk chasse L/R,L,) (Chg Bhnd Bk)** Rk bk L, rcvr R, trng ¼ lft fc chasse L/R,L bhnd the back chg to rt hnds jnd; trng ¼ lft fc chasse R/L,R chg hnds to LOPN/LOD, **(Woman rk bk R, rcvr L, work arnd Man's rt sd fwd chasse R/L,R; trng ½ rt fc chasse L/R,L,) (Shldr Shv)** Rk bk L, rcvr R, trng ¼ rt fc chasse L/R,L to tch Man's lft shldr to Woman's rt shldr; shoving off frm shldrs & trng ¼ lft fc bk chasse R/L,R to LOPN diag LOD/COH, **(Lindy Catch)** Rk bk L, rcvr R, work arnd Woman's rt sd catch Woman's waist with rt hnd fwd chasse L/R,L; fwd R, fwd L, chasse R/L,R to LOPN/LOD; **(Woman rk bk R, rcvr L, fwd chasse R/L,R; thrusting both arms fwd rk fwd L, rcvr R, bk chasse L/R,L;) (Chg L To R)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,) (Link To Whip Trn)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L to CP diag RL0D/COH; trng 5/8 rt fc cross R bhnd L, sd L to CP/WALL, sd chasse R/L,R; **(Woman rk bk R, rcvr L, trng 3/8 lft fc chasse R/L,R to CP; trng 5/8 lft fc sd L, cross R in frnt to CP, sd chasse L/R,L;)**

REPEAT PART “B”

PART D

1 – 8

LINK RK;;, FALLAWY-THROWAWY;;, AMER SPIN;;, CHG L TO R;;, LINDY CATCH;;,
(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL, **(Fallawy–Throwawy)** Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/LOD, **(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; bk chasse L/R,L,) (Amer Spin)** Rk bk L, rcvr R, in plc L/R,L; chasse R/L,R to LOPN/LOD, **(Woman rk bk R, rcvr L, fwd chasse R/L, spin full rt fc trn R; chasse L/R,L,) (Chg L To R)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,) (Lindy Catch)** Rk bk L, rcvr R, work arnd Woman's rt sd catch Woman's waist with rt hnd fwd chasse L/R,L; fwd R, fwd L, chasse R/L,R to LOPN/WALL; **(Woman rk bk R, rcvr L, fwd chasse R/L,R; thrusting both arms fwd rk fwd L, rcvr R, bk chasse L/R,L;)**

REPEAT PART “D”

END

1 – 10

LINK RK;;, CHG R TO L;;, STOP N' GO;;, CHG L TO R;;, AMER SPIN;;, LINK RK;;,
(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL, **(Chg R To L)** Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; trng slightly lft fc in plc R/L,R to LOPN diag LOD/COH, **(Woman rk bk R, rcvr L, trng ½ lft fc chasse R/L,R to CP; trng ¾ rt fc undr lead hnds bk chasse L/R,L,) (Stop N' Go)** Rk bk L, rcvr R; in plc L/R,L catch Woman on her bk with rt hnd; cross R in frnt, rcvr L, in plc R/L,R to LOPN diag LOD/COH; **(Woman rk bk R, rcvr L; trng ½ lft fc undr lead hnds chasse R/L,R; rk bk L shoot lft arm straight up, rcvr R bring arm down, trng ½ rt fc undr lead hnds chasse L/R,L;) (Chg L To R)** Rk bk L, rcvr R, trng 3/8 rt fc chasse L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, trng ¾ lft fc undr lead hnds chasse R/L,R; chasse L/R,L,) (Amer Spin)** Rk bk L, rcvr R, in plc L/R,L; chasse R/L,R to LOPN/WALL, **(Woman rk bk R, rcvr L, fwd chasse R/L, spin full rt fc trn R; chasse L/R,L,) (Link Rk)** Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL,

IN SEMI RK BK-RCVR & PNT SD & HOLD;

(Rk Bk-Rcvr & Pnt Sd) Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R; pnt sd & hold: