

CHOREOGRAPHERS: Russ and Judy Francis, 142 E. 1450 N. Layton, UT, 801-628-4752, Email: rounds-by-russ@comcast.net
MUSIC: MP3 Download Amazon.com "Only Sixteen" Artist: Sam Cooke
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: 48 RPM
RELEASED: MAY 2011

SEQUENCE: INTRO – A – B – A (MOD) – C – B – A (MOD) - END

INTRO

IN LOPN FCNG WALL WAIT GUITAR STRUMS -

PART A

1 – 16 **LINK RK,,, CHG R TO L,,, LINDY CATCH,,, CHG L TO R – WALL,,, 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,) (Lindy Catch)** Rk bk L, rcvr R, working 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 diag LOD/COH; **(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 - Wall)** 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 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 – RVS,,, CHG L TO R – CTR,,, SHE GO – HE GO – 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 – Rvs)** 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/COH, **(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,)**

PART B

1 – 8 **LINK RK,,, JIVE WLK'S,,, SWIV -2 & THROWAWY,,, STOP N' GO,,, CHG L TO R – WALL,,,**
(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL, **(Jive Wlks)** Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, fwd chasse L/R,L; fwd chasse R/L,R, **(Swiv -2 & Throwawy)** With swiv action fwd L, fwd R; fwd chasse L/R,L, in plc R/L,R to LOPN/LOD; **(Woman trng ½ lft fc fwd chasse R/L,R to CP, bk chasse L/R,L;) (Stop N' Go)** Staying in LOPN/LOD 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/LOD; **(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 - Wall)** 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 A (MOD)

1 – 8 **LINK RK,,, CHG R TO L,,, LINDY CATCH,,, CHG L TO R – WALL,,, AMER SPIN,,,**
(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,) (Lindy Catch)** Rk bk L, rcvr R, working 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 diag LOD/COH; **(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 - Wall)** 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,)**

PART C

1 – 8 **LINK TO WHIP TRN;,,; PRETZ TRN;,,; RK/RCVR – UNWRAP PRETZ;,,; FALLOWY-THROWAWY;,,;**
(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 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;)** **(Pretz Trn)** Trng ¼ lft fc rk bk L to SEMI/LOD, 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, **(Rk/Rcvr – Unwrap Pretz)** Twds LOD crossing L in frnt rk fwd, rcvr R; trng ¾ lft fc twds RLOD fwd chasse L/R,L chasse R/L,R to CP/WALL; **(Fallowy-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 – WALL;,,;
(Chg L To R - Wall) 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,)**

REPEAT PARTS “B” & “A (MOD)”

END

1 – 3 **LINK RK;,,; IN SEMI RK/RCVR - PNT SD & HOLD;,,;**
(Link Rk) Rk bk L, rcvr R, fwd chasse L/R,L; chasse R/L,R to CP/WALL, **(In Semi Rk/Rcvr – Pnt Sd & Hold)** Trng ¼ lft fc to SEMI/LOD rk bk L, rcvr R, pnt L sd twds COH & Hold;,,