

**CHOREOGRAPHERS:** Russ and Judy Francis, 142 E. 1450 N. Layton, Ut, 801-628-4752,  
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**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 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 ¾ 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;,, FALLAWY-THROWAWY;,, CHG BHND BK;,,**  
**(Link To Whip Trn)** Rk bk L, rcvr R, trng ¾ 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 ¾ 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)** 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 – CTR;,, SHE GO – HE GO – WALL;,,**  
**(Chg L To R)** Rk bk L, rcvr R, trng ¾ 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)**

## (CONTINUE PART A)

**LINK RK;,, CHG R TO L;,, 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,  
**(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)**

**LINDY CATCH;,,,**

**(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,,**  
**(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;,, CHG L TO R;,,**

**(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)** 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;,,**  
**(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/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 - 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)**

(Continued On Page 3)

## (CONTINUE OF PART C)

**SHE GO – HE GO – WALL;,, STOP N' GO;,,, AMER SPIN;,, LINK RK;,,**  
**(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)** 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,

**RT TRNG FALLAWY;,, FALLAWY-THROWAWY;,, CHG BHND BK;,,**  
**(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/RLOD rk bk L, rcvr R, in plc L/R,L; in plc R/L,R to LOPN/RLOD, **(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 SHOVE;,, LINDY CATCH;,,, CHG L TO R;,, LINK TO WHIP TRN;,,**  
**(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 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,)**

**REPEAT PART "B"**

## PART D

1 – 8

**LINK RK;,, FALLAWY-THROWAWY;,, AMER SPIN;,, CHG L TO R;,,**  
**(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,)**

(Continued On Page 4)

## (CONTINUE OF PART D)

**LINDY CATCH;,,;**

**(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)** 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;,, IN SEMI RK BK-RCVR & PNT SD & HOLD;**

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