

LET'S ROCK AND ROLL

CHOREO: Shirley & Don Heiny 11047 E. 550 N. Idaville, In. 47950
(Nov-Mar) 1900 Grace Ave. Lot 433 Harlingen, Tx. 78550
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RECORD: Star 164-B Avail Thru Palomino Records
FOOTWORK: Opposite E-Mail shdoheinyq4u@mailstation.com
RHYTHM: Two-Step Phase III Speed to Suit
SEQUENCE: Dance Thru One Time

INTRO

1 WAIT THRU "SEE YA LATER ALLIGATOR" + 1 MEAS IN SCP;

DANCE

1-6 TWO FWD 2 STEPS;; BOX;; 2 SIDE CLOSES; WALK 2;
1-2 Fwd L, Cl R, Fwd L,-; Fwd R, Cl L, Fwd R,-;
3-4 Sd L, Cl R, Fwd L,-; Sd R, Cl L, Bk R,-;
5-6 Sd L, Cl R, Sd L, Cl R to Sep; Fwd L,-, Fwd R,-;
7-12 SCOOT 4; WALK 2; HITCH 4 TWICE;; VINE APT; VINE TOG;
7-8 In Sep Fwd L, Cl R, Fwd L, Cl R; Fwd L,-, Fwd R,-;
9-10 Fwd L, Cl R, Bk L, Cl R; Repeat Meas 9;
11-12 Sd L COH, XRIB, Sd L,-; Sd R Wall, XLIB, Sd R trng to
Fc ptr Wall,-;
13-16 FACE TO FACE; BACK TO BACK; BASKETBALL TURN TO PKUP;
13-14 Sd L, Cl R, Sd L trng ½ LF to Bk to Bk pos,-; Sd R, Cl L, Sd R
Trng ½ RF to Bfly Wall,-;
15-16 Sd Lunge L-, Rec R trng RF to Bk to Bk pos,-; Sd Lunge L-,
Rec R cont trn to Lod (W pickup),-;
17-22 TWO FWD 2 STEPS;; PROG SCIS CK;; WHALETAIL;;
17-18 Fwd L, Cl R, Fwd L,-; Fwd R, Fwd L, Fwd R,-;
19-20 Sd L, Cl R, XLIF to Scar,-; Sd R, Cl L, XRIF to Bjo,-;
21-22 XLIB, Sd R, Fwd L, Lk R beh L; Sd L, Cl R, XLIB, Sd R;
23-24 TWO FWD LOCKS (LADY TURNS); WALK PICKUP;
23-24 Fwd L, Lk RIB, Fwd L, Lk RIB (W Qk Trn to Sep); Fwd L,-,
Fwd R Picking W Up to Cp LOD,-;
25-30 TWO FWD 2 STEPS;; PROG SCIS CK;; FISHTAIL; WALK 2;
25-26 Fwd L, Cl R, Fwd L,-; Fwd R, Cl L, Fwd R,-;
27-28 Sd L, Cl R, XLIF to Scar,-; Sd R, Cl L, XRIF to Bjo,-;
29-30 XLIB, Sd R, Fwd L, Lk R beh L; Fwd L,-, Fwd R to Bfly Wall,-;
31-36 CIRCLE AWAY 2 TWO STEPS;; STRUT TOG 4; TWIRL 2; WALK 2;
31-32 Circle LF to COH (W RF) L, R, L,-; R, L R,-;
33-34 Strut tog L,-, R,-; Tog L,-, R,-;
35-36 Sd L,-, XRIB (W RF Twirl 2),-; Fwd L,-, Fwd R to fc Wall
No Hnds,-;
37-40 SKATE L & R; SIDE 2 STEP; SKATE R & L; SIDE 2 STEP;
37-38 Skate Sd L,-, Sd R,-; Sd L, Cl R, Sd L,-;
39-40 Skate Sd R,-, Sd L,-; Sd R, Cl L, Sd R,-;

LET'S ROCK & ROLL (Pg 2 of 2)

- 41-46 BACK AWAY 3; BACK AWAY 3; STRUT TOG 4; TWO TURNING::
41-42 Bk Apt Twd COH L, R, L,-; Bk Apt R, L, R,-;
43-44 Tog L,-, R,-; Tog L,-, R to CP Wall,-;
45-46 Sd L trng RF, Cl R cont trn, Bk L,-; Sd R trng RF, Cl L cont trn,
Fwd R to fc Wall in Bfly,-;
- 47-52 TWIRL VINE TWO; WALK TWO; LEFT TURNING BOX:::
47-48 Sd L,-, XRIB (W RF Twirl 2),-; Fwd L,-, Fwd R trng fc Wall,-;
49-52 Sd L, Cl R, Fwd L trng ¼ LF,-; Sd R, Cl L, Bk R trng ¼ LF,-;
Repeat Meas 49-50 to fc Wall;;
- 53-59 STROLLING VINE:::; TWO SIDE CLOSES; WALK 2; HITCH 4;
53-56 Sd L twd LOD,-, XRIB,-; Sd L, Cl R trng ½ LF on L,-; Sd R,-,
XLIB,-; Sd R, Cl L trng ½ RF on R to fc Wall,-;
57-59 Sd L Cl R, Sd L, Cl R to SCP LOD; Fwd L,-, Fwd R,-; Fwd L,
Cl R, Bk L, Cl R;
- 60-64 WALK 2; SIDE DRAW CLOSE TWICE;; 2 SIDE CLOSES; WALK 2;
60-62 Fwd L,-, Fwd R,-; Sd L,-, Cl R,-; Sd L,-, Cl R,-;
63-64 Sd L, Cl R, Sd L, Cl R; Fwd L,-, Fwd R to Bfly Wall,-;
- 65-72 VINE 3; WRAP; UNWRAP; CHG SIDES; BK AWAY 3; TOG 3; BOX::
65-66 Sd L, XRIB, Sd L, tch R; Sd R, XLIB, Sd R, tch L(W trn LF L,
R, L, tch R) keeping both hnds joined M's L & W's R hnds over
W's head & M's R & W's L hnds at waist;
67-68 Rel lead hnds Sd L, R, L, tch R(W unwrap RF R, L, R, tch L);
Fwd R, Fwd L, Fwd R trng RF to Bfly COH (W Fwd L, Fwd R,
Fwd L trng LF) to Bfly Wall,-;
69-70 Bk Apt L, R, L,-; Tog R, L, R to CP Wall,-;
71-72 Sd L Cl R, Fwd L,-; Sd R, Cl L, Bk R,-;
73-80 REPEAT MEAS 65-72 TO END BFLY WALL,,,,,,,,;
- 81-83 TWO SIDE CLOSES; SIDE DRAW CLOSE; APT POINT;
81-82 Sd L, Cl R, Sd L, Cl R; Sd L,-, Cl R,-;
83 Step Apt L,-, Point R twd Ptr with lead hnds high with Jazz Hnd-;