

Composers: John & Mary Macuci, 7110 Lansdale St., District Heights MD, 20747 (301) 735-4253
 Record: Atlantic Oldies Series OS 13009 Hang up My Rock & Roll Shoes/Chuck Willis
 Footwork: Opposite. Woman's special instructions in parentheses.
 Level: INT Jive (Ph IV+2, American Spin, Whip Trn)

Sequence: INTRO - ABC - AC - A - END

Rock and Roll Shoes

Meas

INTRO

1 - 4 WAIT;; SLO RK THE BOAT TO CP;;

- 1 - 2 wait fcg ptr & wall abt 4 ft apt no hnds jnd;;
- 3 - 4 fwd L twd ptr with left leg straight & body slightly tilted fwd,-,cl R bending right leg while straightening body to sit pos,-; repeat meas 3 Intro blendg cp wall

PART A

1 - 6 FALLAWAY RK CHG PL R TO L;; CHG PL L TO R AMER SPIN;;;

- 1 bk L trng 1/8 lf,rec R trng 1/8 rf to cp,sd L/R,L (W bk R trng $\frac{1}{2}$ rf,rec L trng $\frac{1}{2}$ lf to cp sd R/L,R); R/L,R; bk L trng 1/8 lf,rec R (W bk R trng rf,rec L trng lf);
- 3 sd L/R,L trng 1/8 rf fwd R/L,R to lop lod (W fwd R/L,R beg rf trn,cont trng L/R,L);
- 4 bk L beg rf trn,cont trng rec R,L/R,L lead W to trng under raised jnd hnds (W bk R beg lf trn,cont trng rec L,sd R/L,R under jnd raised hnds);
- 5 - 6 sd & fwd R/L,R to lop wall (W sd & bk L/R,L fc coh),rk bk L,rec R; sip L/R,L leadg W fwd bracing arm lead W to trn rf,sip R/L,R endg lop (W fwd R/L,R w braced arm lean slightly agnst M's arm trng $\frac{1}{2}$ rf,sip cont trng L/R,L) to lop wall;

7 -12 CHG HNDS BEH BK AMER SPIN;;; CHG HNDS BEH BK LINK RK;;;

- 7 - 9 rk bk L,rec R,pl rh over W's rh rel lh hold fwd L/R,L trng $\frac{1}{2}$ lf (W fwd R/L,R tng $\frac{1}{2}$ rf); chg W's rh into lh beg back trn $\frac{1}{2}$ lf R/L,R fc coh (W trng $\frac{1}{2}$ rf L/R,L) rk bk L,rec R; sip L/R,L leadg W fwd bracing arm lead W to trn rf,sip R/L,R endg lop (W fwd R/L,R w braced arm lean slightly agnst M's arm trng $\frac{1}{2}$ rf,cont trng rf sip L,R,L) endg lop coh;
- 10-12 rk bk wall L,rec R pl rh over W's rh rel lh hold fwd L/R,L trng $\frac{1}{2}$ lf (W fwd R/L,R trng $\frac{1}{2}$ rf); chg W's rh to lh beh back trn $\frac{1}{2}$ lf R/L,R fc wall (W trn $\frac{1}{2}$ rf L/R,L),rk bk L,rec R; fwd L/R,L lead W fwd,sd R/L,R (W fwd R/L,R,sd L/R,L) to cp wall;

PART B

1 - 7 FALLAWAY RK JIVE WALKS;;; LAST 6 CTS OF THROWAWAY; CHICKEN WALKS;;

- 1 - 3 bk L trng 1/8 lf,rec R trng 1/8 rf,sd L/R,L to cp (W sd R/L,R); R/L,R,bk L to scp,rec R; fwd L/R,L trng W lf,fwd R/L,R trng W rf;
- 4 fwd L trng W lf,fwd R trng W rf,fwd L trng W lf,fwd R trng W rf (W swiv L & fwd R,swiv R & fwd L,swiv L & fwd R,swiv R & fwd L) in scp;
- 5 - 7 fwd L/R,L trng W lf lower jnd hnds lean slightly to left,fwd R/L,R leadg W to move away rel rh hold fc lod (W fwd R/L,R trng lf to lofp,bk L/R,L); bk up sm steps L,-,R (W swiv fwd R,-,L),-; bk sm steps L,R,L,R (W cont swiv R,L,R,L);

8 -12 LINK WHIP;; RK REC 4 PT STEPS KICK BALL/CHG;;;

- 8 - 9 bk rlod L,rec R,fwd L/R,L to cp trng rf; xRib cont trng rf,sd L,sd R/L,R to cp wall;
- 10-12 bk L to scp lod,rec R,pt L,fwd L; pt R,fwd R,pt L,fwd L; pt R,fwd R,kick L fwd,cl L/sip R in scp lod;

PART C

1 - 5 RK & ROLL;; RK REC CHASSE TO BFLY; APT REC TOE HEEL; XIF TOE HEEL XIF;

- 1 rk bk L in scp lod,rec R to fc,sd L/R,L trng $\frac{1}{2}$ rf rel hnds endg bk to bk coh (W wall);
- 2 sd R/L,R trn $\frac{1}{2}$ to fc ptr & wall (W sd L,R,L trn $\frac{1}{2}$ fc ptr & coh),sd L/R,L;
- 3 rk bk R to $\frac{1}{2}$ op rlod,rec L trng rf,sd R/L,R to bfly wall;
- 4 - 5 rk apt L,rec R,pt L toe to right instep,tch L heel to right instep; xLif,pt R toe to left instep,tch R heel to left instep,xRif;

6 - 8 SPANISH ARMS TWICE;;;

- 6 - 8 rk apt L,rec R beg rf trn,trn $\frac{1}{2}$ rf L/R,L raising M's lh (W's rh) & trn W to the left under raised hnds end beh W fcg rlod; cont trng rf fwd R/L,R trng W to the right & lower raised hnds end fcg coh, repeat spanish arms endg cp wall

ENDING

1 - 7 WINDMILL TWICE;;; RK APT REC TOE HEEL; SLO XIF PT; SLO HEEL XIF; TOE HEEL;

- 1 - 3 rk apt L,rec R beg lf trn,fwd L/R,L w arms outstretched fm elbows trng $\frac{1}{2}$ lf incline body sightly to left; still trng sd & slightly fwd R/L,R end fcg coh, repeat windmill endg fcg wall
- 4 - 7 rk apt L,rec R,pt L toe to right instep,tch L heel to right instep; xLif,-,pt R swd,-; pt R heel swd,-,xRif,-; pt L toe to right instep,pt L heel swd; Note: Meas 7 has only 2 beats.