

SHAKE RATTLE AND ROLL

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Record: CD, Shake Rattle And Roll a Rock'n Roll Tribute by the Sign Posters, Track 01 or Download 2:58 min

Rhythm & Phase: Jive, V +1 (Curly Whip) +2 (Charleston Kicks, Shuffling Door) Footwork: Opposite except where noted

Sequence: INTRO - A - B - A - B - C - D - A - B(1-8) - END

Recommended speed: slow for comfort

INTRO

1 - 4 WAIT 2;; SWEETHEART TWICE;;

1-2 Wait in SHDW POS fc COH no hnds, trl feet free;;

3-4 Outsd ptr rk fwd R, rec L, sm sd R/cl L, sd R; Outsd ptr rk fwd L, rec R, sm sd L/cl R, sd L catching ptr with both hnds at waist level; [W(3-4): Rk bk L, rec R, sm sd L/cl R, sd L; Rk bk R, rec L, sm sd R/cl L, sd R;]

5-8 LINDY CATCH ENDING; CHANGE PLACES R TO L - CHANGE PLACES L TO R;;

5 Pull ptr bwd and rel hndhld fwd R, fwd L trn RF arnd ptr, fwd R/cl L, fwd R to LOP WALL;
[W (5): Bk L, bk R, sm bk L/cl R, bk L;]

6-8 Rk apt L, rec R, sm chasse L/R, L [W: RF trn undr jnd ld hnds to fc ptr]; Sm chasse R/L, R trn fc LOD, rk apt L, rec R;
Sm sd chasse L/R, L trn ¼ RF [W: LF trn undr jnd ld hnds], sm sd chasse R/L, R to LOP WALL;

9 - 12 STOP & GO WITH DOUBLE STOP ACTION;;; BACK VINE 4 TO HALF OP;

9-11 Rk bk L, rec R, sm fwd L/R, L M catches W with R hnd on W's L shldr blade at end of triple to stop ptrs movement;
Rk fwd R, rec L, rk bk R, rec L; Rk fwd R, rec L, sm sd & bk R/L, R to LOP fc Wall;

[W (9-11): Rk bk R, rec L, fwd R/L, R trn ½ LF undr jnd ld hnds to end at M's R sd; Rk bk L, rec R, rk fwd L, rec R;
Rk bk L, rec R, fwd L/R, L trn ½ RF undr jnd ld hnds;]

12 XLib R, sd R, XLif of R, sd R to half OP fc LOD; [W (12): XRib L, sd L, XRif of L, sd L to half OP fc LOD;]

PART A

1 - 4 CHARLESTON KICKS;; ROCK, RECOVER, MANEUVER TRIPLE; WHIP TURN TO HALF OP;

1-4 Half OP LOD rk bk L, rec R, kick fwd L, stp fwd L; Kick fwd R, lift R knee bring R foot undr body kick down R, kick bk R, stp bk R; Rk bk L, rec R, comm RF trn sd & fwd L/cl R, sd L to CP RLOD; XRib L, cont RF trn sd L, sd R/cl L, sd R to half OP LOD;

[W (1-4): Rk bk R, rec L, kick fwd R, stp fwd R; Kick fwd L, lift L knee bring L foot undr body kick down L, kick bk L, stp bk L; Rk bk R, rec L, sip R/L, R; Comm RF trn fwd L, fwd R, sd L/cl R, sd L;]

5-8 CHARLESTON KICKS;; ROCK, RECOVER, MANEUVER TRIPLE; WHIP TURN TO SCP;

5-8 Repeat actions meas 1-4 PART A to SCP LOD;;;

9 - 12 DOUBLE ROCK; CHASSE L & R TO BFLY; NECK SLIDE;;

9-10 Rk bk L, rec R, rk bk L, rec R to fc ptr; Sd L/cl R, sd L, sd R/cl L, sd R to BFLY WALL;

11-12 Keep dbl hanhld rk apt L, rec R raisg jnd hnds up over ptrs heads, fwd L/cl R, fwd L to ptrs R sd; Wheel ½ RF fwd R, fwd L rel hndhld plcg R hnd on ptrs R shldr, keep wheelg RF fwd R/cl L, fwd R slide apt to R HNDSHK fc WALL;

[W (11-12): Keep dbl hanhld rk apt R, rec L raisg jnd hnds up over ptrs heads, fwd R/cl L, fwd R to ptrs R sd; Wheel ½ RF fwd L, fwd R rel hndhld plcg R hnd on ptrs R shldr, keep wheelg RF fwd L/cl R, fwd L slide apt to R HNDSHK;]

PART B

1 - 8 UNDERARM TURN & GLIDE;; SHDW BRKS TWICE;; UNDERARM TURN & GLIDE;; SHDW BRKS TWICE;;

1-4 Rk apt L, rec R, comm RF trn raising jnd R hnds sd & fwd L/cl R, sd & bk L keep R HNDSHK fc COH; Sd R, XLif of R, sd R/cl L, sd R; Still keepg R HNDSHK trn ¼ LF rk bk L, rec R trn to fc ptr, sd L/cl R, sd L; Trn ¼ RF rk bk R, rec L, sd R/cl L, sd R;

[W (1-4): Rk apt R, rec L, comm LF trn undr jnd R hnds fwd R/cl L, fwd R compl ½ LF trn; Sd L, XRif of L, sd L/cl R, sd L; Still keepg R HNDSHK trn ¼ RF rk bk R, rec L trn to fc ptr, sd R/cl L, sd R; Trn ¼ LF rk bk L, rec R trn to fc ptr, sd L/cl R, sd L;]

5-8 Repeat actions meas 1-4 PART B starting in R HNDSHK fc COH ending in R HNDSHK fc WALL;;;

CONT PART B

9 - 12 MIAMI SPECIAL – LINK TO DOUBLE WHIP TURN TO HALF OP;:::

- 9-12 Rk apt L, rec R, fwd L/R, L trng $\frac{3}{4}$ RF to ld Lady to trn LF undr jnd R hnds puttg jnd R hnds over M's hd so hnds rest bnd M's neck; Sd R/cl L, sd R to LOP fc COH, rk apt L, rec R; Fwd L/cl R, fwd L trn $\frac{3}{8}$ RF to CP DLW, cont trng RF XRib L, sd L; XRib L, sd L compl full trn on last 4 Steps to CP DLW again, sd R/cl L, sd R trn to half OP LOD;
[W(9-12): Rk apt R, rec L fwd R/l, R trn $\frac{3}{4}$ LF undr jnd R hnds; Sd L/cl R, sd L rel hndhd and slide R hnd down M's L arm end LOP, rk apt R, rec L; Fwd R/cl L, fwd R trn $\frac{3}{8}$ RF, cont trng RF fwd L, fwd R; Fwd L, fwd R compl full trn on last 4 steps, sd L/cl R, sd L;]

PART C

1 - 8 START MOOCH – WITH CHASSE ROLL – FINISH MOOCH – WITH CHASSE ROLL;::: ;: SAILOR SHUFFLES;

- 1-7 Rk bk L, rec R, kick fwd L, step on L; Kick fwd R, step on R, rk bk L, rec R to fc ptr; Sd L/cl R cont RF trn, bk L trn to bk-to-bk, sd R/cl L cont RF trn, fwd R twd LOD cont trn to fc ptr; Sd L/cl R cont RF trn, sd & bk L to left half OP fc RLOD, rk bk R, rec L; Kick fwd R, step on R, kick fwd L, step on L; Rk bk R, rec L to fc ptr, sd R/cl L cont LF trn, bk R trn to bk-to-bk; Sd L/cl R cont LF trn, fwd L twd RLOD cont trn to fc ptr, sd R/cl L cont LF trn, sd R to LOP fc WALL;
8 XLib R/sd R, sm sd L, XRib L/sd L, sm sd R;

9 - 12 CURLY WHIP;; ROCK, RECOVER, SWIVEL 2; THROWAWAY TO LOP BOTH FC WALL;

- 9-12 Rk bk L, rec R, sd L/cl R, sd L trn $\frac{1}{8}$ RF; Cont trng RF XRib L, sd L, sd R/cl L, sd R end CP WALL;
Trn to SCP LOD rk bk L, rec R, swvl fwd L, R; Sm fwd L/cl R, fwd L, sip R/L, R trn to LOP both fc WALL;
[W(9-10): Rk bk R, rec L comm LF trn, sd R/cl L, sd R trn $\frac{7}{8}$ over last 4 steps; Sd & fwd L, XRif of L, sd L/cl R, sd L compl $\frac{7}{8}$ RF trn over past 7 steps;]

PART D

1 - 4 SHUFFLING DOOR TWICE;:::

- 1-2 XLib R, rec R, sd L/cl R, sd L chg sds in bhd of ptr to OP both fc WALL; XRib L, rec L, sd R/cl L, sd R chg sds in frnt of ptr to LOP both fc WALL;
[W (1-2): XRib L, rec L, sd R/cl L, sd R chg sds in frnt of ptr; XLib R, rec R, sd L/cl R, sd L chg sds in bnd of ptr;]
3-4 Repeat actions meas 1-2 Part D to LOP fc ptr and LOD;;

5 - 8 CHANGE PLACES L TO R WITH CONTINUOUS CHASSE;; LINDY CATCH;;

- 5-8 Rk apt L, rec R, sm sd chasse L/R, L trn $\frac{1}{4}$ RF [W: LF trn undr jnd ld hnds]; Sd R/ cl L, sd R/cl L, sd R/cl L, sd R to LOP fc ptr and WALL; Rk apt L, rec R, fwd L/cl R, fwd L movg RF arnd ptr catchg her at waist with R hnd relg L hnd; Fwd R, fwd L cont to move arnd ptr, fwd R/cl L, fwd R to LOP fc ptr and WALL;

9 - 12 STOP & GO WITH DOUBLE STOP ACTION;::; BACK VINE 4 TO HALF OP;

- 9-12 Repeat actions meas 9-12 of INTRO ;::;

END

1 - 4 MIAMI SPECIAL - LINK TO DOUBLE WHIP INTO SD LUNGE;::: -

- 1-4 Repeat action 9-12 PART B but last sd step goes into a big R lunge;::;