

ROCK & ROLL WALTZ

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Footwork: Opposite Unless Noted
Rhythm: Waltz RAL Phase: II
Sequence: Intro – A – B – C – D – B – D – END
Speed: 45 RPM

INTRODUCTION

1-4 OP-FCG WALL wait 2 meas ; ;

1-2 OP Fcg ptr & WALL trlg hnds joined wait ; ;

APT PT ; TOG to BFLY TCH ;

3-4 Apt L , - , Pt R twd LOD , - ; Tog R to BFLY WALL , - , Tch L , - ;

PART A

1-16 WZ AWY ; WRP ; FWD WZ ; PKUP SD CL ;

1-2 Fwd L trng LF (W RF) awy from ptr & down LOD keeping trlg hnds joined , Fwd R to OP LOD , CI L ;
Fwd R , Fwd L , CI R (W Fwd L start a full LF trn keeping trlg hnds joined at waist level , Small Sd & Bk R
continue RF trn , Small Fwd L to finish trn and end fcg LOD in Wrp'd POS) [W L arm in front and M R arm bhd W
at waist level] [ld hnds joined in front at chest height] ;

3-4 Fwd L , Fwd R , CI L ; Release trlg hnds Small Fwd R , Small Sd L , CI R Blend to CP (W release trlg hnds Fwd L
start LF trn , Small Sd R finish LF trn ending in front of M , CI L) ;

BOX ; ; DIP BK ; REC to SCAR ;

5-6 Fwd L , Sd R , CI L ; Bk R , Sd L , CI R ;

7-8 Bk L relax L knee (W R knee) keep R leg (W L leg) extended with toe remaining on floor , - , - ;
Rec R trng ¼ RF (W LF) to SCAR , - , - ;

3 PROG TWKLS to BJO ; ; ; FWD FC CL ;

8-12 Fwd L twd DLW , Trng LF Sd R twd DLW ending in BJO DLC , CI L ; Fwd R twd DLC , Trng RF Sd L twd DLC
ending in SCAR DLW , CI R ; Fwd L twd DLW , Trng LF Sd R twd DLW ending in BJO DLC , CI L ;
Fwd R trng ¼ RF , Sd L , CI R ;

TWRL VIN 3 ; THRU FC CL to CP [WALL] ; CANTER TWICE ; ;

13-16 Sd L , XRIB , Sd L (W Undr joined ld hnds Sd & Fwd R trng ½ RF , Sd & Bk L trng ½ RF , Sd R) ;
Thru R (W thru L) , Sd L to fc ptr , CI R Blend to CP ;
Sd L , Draw R to L , CI R ; Sd L , Draw R to L , CI R ;

PART B

1-16 L TRNG BOX to BFLY ; ; ; ; BAL L & R ; ; ; TWRL VIN 3 ; THRU FC CL to CP [WALL] ;

1-4 Fwd L trng ¼ LF to fc LOD , Sd R , CL L ; Bk R trng ¼ LF to fc COH , Sd L , CI R ; Fwd L trng ¼ LF to fc RLOD ,
Sd R , CL L ; Bk R trng ¼ LF to fc WALL , Sd L , CI R Blend to BFLY ;

5-6 Sd L , XRIB , In plc L ; Sd R , XLIB , In plc R ;

7-8 Thru R (W thru L) , Sd L to fc ptr , CI R Blend to CP ;

L TRNG BOX to BFLY ; ; ; ; BAL L & R ; ; ; TWRL VIN 3 ; THRU FC CL to BFLY [WALL] ;

9-12 Fwd L trng ¼ LF to fc LOD , Sd R , CL L ; Bk R trng ¼ LF to fc COH , Sd L , CI R ; Fwd L trng ¼ LF to fc RLOD ,
Sd R , CL L ; Bk R trng ¼ LF to fc WALL , Sd L , CI R Blend to BFLY ;

13-14 Sd L , XRIB , In plc L ; Sd R , XLIB , In plc R ;

15-16 Thru R (W thru L) , Sd L to fc ptr , CI R Blend to CP ;

ROCK & ROLL WALTZ (CONT.)

PART C

1-16 VIN 3 ; RK THRU REC CL ; 2 SOLO WZ TRNS IN 6 to CP [WALL] ; ;

- 1-2 Sd L , XRIB , Sd L ; Rk thru xRif (W xif) rec L to cp, cl R
- 3-4 Fwd L trng LF (W RF) awy from ptr , Sd R continue trn , CI L to finish ½ trn fcg RLOD ; Bk R continue LF trn (W RF) , Sd L continue trn to fc ptr , CI R to CP WALL ;

WZ AWY & TOG ; ; BOX ; ;

- 5-6 Fwd L trng LF (W RF) awy from ptr keeping trlg hnds joined , Sd & Fwd R to slight bk-bk pos , CI L ; Sd & Fwd R trng RF (W LF) to fc ptr , Sd L , CI R ;
- 7-8 Fwd L , Sd R , CI L ; Bk R , Sd L , CI R ;

BAL L ; REV TWL ; THRU TWINKLE ; MANUEVER ;

- 9-10 BFLY Sd L , XRIB , rec L ; Sd R , XLIB , sd R ;
- 11-12 XLIF , sd R , cl L ; XRIF , sd L , cl R ;

2 R TRNS to BFLY WALL ; ; SD DR TCH L & R ; ;

- 13-14 Bk L twd DLW start RF trn , Sd R finish RF trn to end fcg DLC , CI L (W Fwd R twd DLW start RF trn , Sd L finish RF trn to end fcg DRW , CI R) ; Fwd R twd LOD start RF trn , Sd L finish RF trn to end fcg WALL , CI R Blend to BFLY (W Bk L twd LOD start RF trn , Sd R finish RF trn to end fcg COH , -) ;
- 15-16 Sd L , Draw R to L , Tch R ; Sd R , Draw L to R , Tch L Blend to BFLY ;

PART D

1-14 VIN 3 ; RK THRU REC C ; ; 2 SOLO WZ TRNS IN 6 to CP [WALL] ; ;

- 1-2 Sd L , XRIB , Sd L ; Rk thru xRif (W xif) red L to cp, cl R
- 3-4 Fwd L trng LF (W RF) awy from ptr , Sd R continue trn , CI L to finish ½ trn fcg RLOD ; Bk R continue LF trn (W RF) , Sd L continue trn to fc ptr , CI R to CP WALL ;

WZ AWY & TOG ; ; BOX ; ;

- 5-6 Sd L , XRIB , Sd L (W Undr joined ld hnds Sd & Fwd R trng ½ RF , Sd & Bk L trng ½ RF , Sd R) ; Thru R (W thru L) , Sd L to fc ptr , CI R Blend to CP ;
- 7-8 Fwd L , Sd R , CI L ; Bk R , Sd L , CI R ;

BAL L & R ; ; TWRL VIN 3 ; THRU FC CL to BFLY [WALL] CANTER TWICE ; ;

- 9-12 Sd L , XRIB , In plc L ; Sd R , XLIB , In plc R ; Fwd L trng LF (W RF) awy from ptr keeping trlg hnds joined , Sd & Fwd R to slight bk-bk pos , CI L ; Sd & Fwd R trng RF (W LF) to fc ptr , Sd L , CI R ;
- 13-14 Sd L , Draw R to L , CI R ; Sd L , Draw R to L , CI R ;

ENDING

1-6 BAL L & R ; ; WZ AWY & TOG ; ; CANTER ; SD LUNGE ;

- 1-2 Sd L , XRIB , In plc L ; Sd R , XLIB , In plc R ;
- 3-4 Fwd L trng LF (W RF) awy from ptr keeping trlg hnds joined , Sd & Fwd R to slight bk-bk pos , CI L ; Sd & Fwd R trng RF (W LF) to fc ptr , Sd L , CI R ;
- 5-6 Sd L , Draw R to L , CI R ; Sd L slight bending knee and trng to look RF (W LF) ,