

GREASE

PG 1 OF 3

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MUSIC: "Grease" by Frankie Valli RSO record RS 897. 3:21 Also available for
download at Amazon.com The Very Best of Frankie Valli & The Four
Seasons Track #20
FOOTWORK: Opposite unless otherwise indicated.
RHYTHM: JIVE RAL PHASE IV + 2 [stop & go, neck slide] + 1 unphased [amer bk spin]
SEQUENCE: INTRO A A B A B BRIDGE A B (MOD) C B END
SPEED: 45 RPM or as on download

INTRO

- 1-6 WAIT CNT OF 10;; 2 FWD TRIPLES; SWIVEL 4; THROWAWAY—KICK
BALL CHNG TWICE;;
1-2 SCP LOD lead ft free wait & cnt to 10;;
3 {2 FWD TRIPLES} Fwd L/cl R, fwd L, fwd R/cl L, fwd R;
4 {SWVL WLK 4} Fwd L swvl RF, fwd R, swvl LF, fwd L swvl RF, fwd R
swvl LF;
5 {THROWAWAY} Fwd L/cl R fwd L leading W to fold in frnt of M, sm stps
fwd R/cl L, fwd R (W fwd R/cl L, fwd R trng LF to fold in front of M, cont
LF trn sd L/cl R, sd L) release trail hnds end fcg LOD lead hnds jnd lead ft
free;
6 {KICK BALL CHNG TWICE} kick L fwd trng ft outward toe down/cl L on
ball of L ft, in plc R, kick L fwd trng ft outward toe down/cl L on ball of L
ft, in plc R;

PART A

- 1-5 CHICKEN WLKS 2 SLOW 4 QUICK;; AMERICAN BACKSPIN SHAKE
HNDS—MIAMI SPECIAL;;
1-2 {CHICKEN WLKS} With lead hnds jnd, bk L,-, bk R,-(W fwd R swvling
RF on L ft,-, fwd L swvling LF on R ft,-);
With lead hnds jnd bk L, R, L, R (W fwd R swvling RF on L ft, fwd L
swvling LF on R ft, fwd R swvling RF on L ft, fwd L swvling LF on R ft);
3-5 {AMERICAN BACK SPIN SHAKE HNDS} Fcg LOD with lead hnds jnd rk
apart L, rec R, sd L/cl R, sd L trng 1/2 RF to fc RLOD; sd R/cl L, sd R trng
1/2 LF to fc LOD shake hnds, (W rk apart R. rec L, sd R/cl L, sd R pushing
off on M's back with R hnd spin RF one full trn; sd L/cl R, sd L,) {MIAMI
SPECIAL} with R/R hnds jnd rk apt L, rec R; fwd L/R, L trng RF 3/4 to
lead W to trn LF undr jnd R hnds putting jnd hnds ovr M's head to rest
arnd his neck, sd R/L, R (W rk apart R, rec L; fwd R/L, R trng LF 3/4 undr
jnd R hnds, sd L/R, L sliding R hnd down M's L arm to join lead hnds with
both facing COH);

PART A (CONT)

- 6-10 RK & SLIDE W IN FRONT; RK & SLIDE M IN FRONT; SHLDR SHOVE—
CHNG HNDS BHD BK;;
- 6 {RK & SLIDE W IN FRONT} Lead hnds jnd XLIB of R rocking apart, rec R, sd L/cl R, sd L sliding bhd W (W XRIB of L rocking apart, rec L, sd R/cl L, sd R sliding in front of M) join trail hnds;
- 7 {RK & SLIDE M IN FRONT} XRIB of L rocking apart, rec L, sd R/cl L, sd R sliding in front of W (W XLIB of R rocking apart, rec R, sd L/cl R, sd L sliding bhd M) join lead hnds;
- 8-10 {SHLDR SHOVE} Both fcg COH lead hnds jnd rk apart L, rec R, sd L/cl R, sd L bringing M's L & W's R shoulders together; trng LF to fc ptr bk R/cl L, bk R, {CHNG HNDS BHD BK} rk apt L, rec R; fwd L comm 1/4 LF trn placing R hnd over W'S R hnd/cl R, fwd L releasing L hnd and complete 1/4 LF trn to tandem pos in front of W, sd & bk R comm 1/4 LF trn and place L hnd bhd M's back/cl L changing W's R hnd to M's L hnd bhd his bk, sd & bk R completing LF trn to end facing ptr LOD;

REPEAT PART A

PART B

- 1-7 STOP & GO;; NECK SLIDE;; TRADE PLACES TWICE;; KICK BALL CHNG TWICE;
- 1-2 {STOP & GO} Fcg LOD lead hnds jnd rk apt L, rec R raising lead hnds to trn W under LF fwd L/cl R, fwd L placing R hnd on W's L shldr blade to stop her movement and lowering lead hnds to end in R sd by sd pos fcg LOD (W rk bk R, rec L, fwd R comm 1/2 LF trn/cl L, bk R completing 1/2 LF trn undr jnd hnds to end at M's R sd);
rk fwd R with sl R knee bend looking at ptr, rec L raising lead hnds to lead W to trn RF, sm bk R/cl L, bk R join both hnds (W rk bk L, rec R, fwd L comm 1/2 RF trn/cl R, bk L to complete RF trn under jnd hnds) end fcg ptr LOD jn both hnds;
- 3-4 {NECK SLIDE} Rk bk L, rec R raising jnd hnds up & over ptr's heads to back of necks, fwd L/cl R, fwd L releasing hold and sliding hnd to ptr's R shldr; wheel 1/2 CW fwd R, fwd L cont wheel sliding R hnd down ptr's arm, fwd R trng 1/4 RF to fc LOD/cl L, sd R joining R/R hnds;
- 5-6 {TRADE PLACES TWICE} Fcg ptr LOD with R/R hnds jnd rk apart L, rec R, passing ptr on R sd fwd L/R, L trn 1/2 RF (W LF) to fc RLOD join L/L hnds; rk apart R, rec L, passing ptr on L sd fwd R/L, R trn 1/2 LF (W RF) to fc LOD jn lead hnds;
- 7 {KICK BALL CHNG TWICE} kick L fwd trng ft outward toe down/cl L on ball of L ft, in plc R, kick L fwd trng ft outward toe down/cl L on ball of L ft, in plc R;

REPEAT PART A

REPEAT PART B

BRIDGE

1-4 SPANISH ARMS;;; KICK BALL CHNG TWICE:

- 1-3 {SPANISH ARMS} Jn both hnds rk bk L, rec R trng RF leading W to trn LF undr jnd raised lead hnds into momentary wrapped pos, sd L/cl R, sd L cont RF trn; leading W to trn RF to unwrap to BFLY pos sd R/cl L, sd R to end fcg ptr RLOD, keep both hnds jnd rk bk L, rec R trng RF leading W to trn LF undr jnd raised lead hnds into momentary wrapped pos, sd L/cl R, sd L cont RF trn; leading W to trn RF to unwrap to BFLY pos sd R/cl L, sd R to end fcg ptr LOD;
- 4 {KICK BALL CHNG TWICE} kick L fwd trng ft outward toe down/cl L on ball of L ft, in plc R, kick L fwd trng ft outward toe down/cl L on ball of L ft, in plc R;

REPEAT PART A
PART B (MOD)

1-8 STOP & GO;; NECK SLIDE;; TRADE PLACES TWICE;; CHNG L TO R TO CONT CHASSES;;

- 1-6 REPEAT MEAS 1-6 PART B;;;;;
- 7-8 {CHNG L TO R TO CONT CHASSES} rk bk L, rec R leading W to trn LF undr jnd lead hnds, sd L/cl R, sd L comm 1/4 RF trn to fc WALL (W bk R, rec L, fwd R/cl L, fwd R trng LF under jnd lead hnds to fc COH); sd R/cl L, sd R/cl L, sd R/cl L, sd R;

PART C

1-6 ½ RK TO 2 FWD TRIPLES—SWIVEL 4—PNT STEPS 4—THROWAWAY—KICK BALL CHNG TWICE;;;;;;

- 1-6 ½ {RK TO 2 FWD TRIPLES} In SCP rk bk L, rec R, fwd L/cl R, fwd L; fwd R/cl L, fwd R, {SWIVEL 4}fwd L swvl LF, fwd R swvl LF; fwd L swvl RF, fwd R swvl LF, {PNT STEPS 4} pnt L fwd/step in pl L, pnt R fwd/step in plc R; pnt L fwd/step in plc L, pnt R fwd/step in plc R, {THROWAWAY} fwd L/cl R, fwd L leading W to fold in front of M; sm stps fwd R/cl L, fwd R, {KICK BALL CHNG TWICE}kick L fwd trng ft outward toe down/cl L on ball of L ft, in plc R; kick L fwd trng ft outward toe down/cl L on ball of L ft, in plc R,.

REPEAT PART B

END

1-4 CHICKEN WLKS 6 SLOW & PNT SD;;;;

- 1-3 REPEAT MEAS 1 PART A three times;;;
- 4 Pnt L (W pnt R) twd COH & hold,,