

# I'VE GOT A ROCK AND ROLL HEART

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**MUSIC:** Eric Clapton (album *Money and Cigarettes*) track 4, available as download from Amazon (speed as downloaded) [increase volume of last 4 meas]

**RHYTHM:** Cha

**PHASE** IV + 2 (stop & go hockey stick and dbl cubans) +1UNPH (chase full turn) average difficulty

**FOOTWORK:** Opposite

**SEQUENCE:** INTRO A B A B C B (1-10) ENDING Released: July, 2012

## INTRODUCTION

- 1-4** OP WALL HANDS ON HIPS WAIT;; CHASE MAN FULL TRN; LADY FULL TRN TO HANDSHAKE;  
1-2 (Wait) OP M fcg WALL (W fcg COH) hnds on hips wait;;  
3-4 {chase w/full turns} Fwd L trng 1/2, fwd R trng 3/8, sd L/cl R, bk L to fc WALL; Bk R, rec L, fwd R/lk L, fwd R to handshake; (W Bk R, rec L, fwd R/lk Lib, fwd R; Fwd L trng 1/2, fwd R trng 3/8, sd L/cl R, bk L to fc COH); [may use locking step to continue turn]

## PART A

- 1-4** FLIRT TO FAN;; STOP & GO HOCKEY STICK;;  
1-2 {flirt to fan} Fwd L, rec R, in place L/cl R, sm bk L (W bk R, rec L, sd R/cl L trng LF, sm bk R to Vars WALL); Rk bk R, rec L, sd R/cl L, sd R (W rk bk L, rec R, sd L/cl R, sd R trng RF to fan pos);  
3-4 {stop & go HS} Ck fwd L, rec R raising L arm to lead lady to a LF undarm trn, sip L/R, L (W cl R, fwd L, fwd R/lk Lib, R trng 1/2 LF to end at M's R side); Ck fwd R shaping to ptr R hnd on lady's L sh blade, rec L raising L arm to lead lady to RF undarm trn, sip R/L, R (W Rk bk L, rec R, fwd L/lk Rib, L trn 1/2 RF to fan pos fcg man);
- 5-8** HOCKEY STICK;; ALEMANA;;  
5-6 {hockey stk} Fwd L, rec R, sip L/R, L (W cl R, fwd L, fwd R/lk L, R); Rk bk R, rec L trng 1/8 RF, fwd DRW R/L, R (W fwd L, fwd R trng 1/2 LF, twd DRW bk L/lk Rif, L);  
7-8 {alemana} Fwd L, rec R, sd L/cl R, sd L (W bk R, fwd L, fwd R/lk Lib, R to fc M); Bk R, rec L, sd R/cl L, sd R (W fwd L trng RF und ld hnds, fwd R cont trn, sd L/cl R, sd L to BFLY);
- 9-12** BREAK BACK RECOVER TO TRIPLE CHAS LOD;; ROCK FWD REC TO BACK TRIPLE CHAS;;  
9-10 {brk bk to triple chas fwd} Brk bk L, rec R, fwd L/lk Rib, L; R/lk Lib, R, L/lk Rib, L;  
11-12 {rk fwd rec to bk triple chas} Rk fwd R, rec L, bk R/lk Lif, R; L/lk Rif, L, R/lk Lif, R;
- 13** HAND TO HAND IN 4;  
13 {hnd to hnd in 4} Brk bk L, rec R, sd L, rec R to momentary BFLY;

## PART B

- 1-4** CHASE M FULL TURN/LADY IN 4 TO VARSIOUVIENNE;; PARALLEL CHASE;;  
1-2 {chase M full trn/lady in 4} Fwd L trng 1/2, fwd R trng 3/8, sd L/cl R, bk L; Bk R, rec L, fwd R/lk Lib, fwd R to Vars (W Bk R, rec L, fwd R/lk L, R; Fwd L trng 1/2, fwd R, fwd L, fwd R);  
3-4 {parallel chase} Same footwork lunge sd L, rec R trng to RLOD, fwd L/lk Rib, fwd L; Lunge sd R, rec L trng to LOD, fwd R/lk Lib, fwd R;
- 5-6** WALK & CHA/LADY ROLL RIGHT 4 TO BFLY; FENCELINE;  
5 {walk & cha/lady roll R 4} In Vars M fwd L, fwd R, R/lk Lib, fwd R (W maintaining R hnds fwd L, trng RF fwd R to fc WALL, bk L to fc RLOD, sd R blending to BFLY);  
6 {fenceline} X lunge thru R w/ bent knee, rec L to fc ptr, sd R/cl L, sd R;
- 7-10** NEW YORKER IN 4; AIDA RLOD; SWITCH ROCK; NEW YORKER RLOD;  
7 {NY in 4} Thru L RLOD (W thru R), rec R to fc, sd L, rec R to momentary BFLY;  
8 {aida} Thru L RLOD (W thru R), sd R to fc ptr, bk L/lk Rif, bk L to V bk to bk pos;  
9 {switch rk} Trng RF sd R to fc ptr, rec L, sd R/cl L, sd R;  
10 {NY} Stp thru L w/ straight leg to fc RLOD, rec R blending to BFLY, sd L/cl R, sd L;
- 11-12** CRAB WALK; MERENGUE 4 TO HANDSHAKE; [2<sup>ND</sup> TIME TO BFLY]  
11 {crab walk} XRif, sd L, XRif/sd L, XRif;  
12 {merengue 4} Sd L, cl R, sd L, cl R to handshake [2<sup>nd</sup> time to BFLY];

REPEAT A  
REPEAT B TO BFLY

PART C

- 1-4 TRAVELING DOOR 2X;; TWIRL VINE 2 & CHA; INTO A FENCELINE;  
 1-2 {traveling doors} Rk sd L, rec R, XLif/sd R, XLif; Rk sd R, rec L, XRif/sd L, XRif to BFLY; (W sd R, rec L, XRif/sd L, XRif; Sd L, rec R, XLif/sd R, XLif);  
 3 {twrl vine 2 & cha} Sd L raising L hnd to lead twirl, XRib, sd L/cl R, sd L (W twirl RF R, L to BFLY, sd R/cl L, sd R);  
 4 {fenceline} X lunge thru R w bent knee, rec L to fc ptr, sd R/cl L, sd R;
- 5-8 DOUBLE CUBANS;; REVERSE UNDER ARM TURN; SPOT TURN;  
 5-6 {dbl cubans} XLif/rec R, sd L/rec R, XLif/rec R, sd L; XRif/rec L, sd R/rec L, XRif/rec L, sd R;  
 7 {rev undarm trn} XLif of R leading W into LF undarm trn, rec R, sd L/cl R, sd L to BFLY (W XRif trng 1/2 LF und ld hnds, rec R to fc ptr, sd R/cl L, sd R);  
 8 {spot turn} XRif trng LF 1/2, rec L to fc ptr, sd R/cl L, sd R BFLY;

REPEAT B (1-10)

ENDING

- 1-4 CRAB WALK; TWIRL VINE 2 & CHA; FENCELINE in 4; AIDA LOD;  
 1 {crab walk} XRif, sd L, XRif/sd L, XRif;  
 2 {twrl vine 2 & cha} Sd L raising L hnd to lead W's twirl, XRib, sd L/cl R, sd L (W twirl RF R, L sd R/cl L, sd R to BFLY);  
 3 {fenceline} X lunge thru R w bent knee, rec L to fc ptr, sd R, rec L;  
 4 {aida} Thru R LOD (W thru L), sd L to fc ptr, bk R/lk Lif, bk R, to V bk to bk pos;
- 5-8 SWITCH ROCK; SPOT TURN; BREAK BACK TO OPEN & CHA; THRU SIDE BEH TO PRESS LINE;  
 5 {switch rk} Trng LF sd L to fc ptr, rec R, sd L/cl R, sd L;  
 6 {spot turn} XRif trng LF 1/2, rec L to fc ptr, sd R/cl L, sd R BFLY;  
 7 {brk bk to op} Brk bkL, rec R, fwd L/lk Rib, fwd L;  
 8 {thru sd beh press} Thru R, sd L, beh R to slight V RLOD, press L [M feg DRW, W feg DRC but looking at ptr ld hnds on thighs, trl hnds on hips];

**CH IV+2+1 I'VE GOT A ROCK & ROLL HEART**

INTRO: OP M FCG WALL (W COH) HANDS ON HIPS WAIT;;  
 CHASE (M FULL TRN); LADY FULL TRN TO HND SHK;  
 A  
 FLIRT TO FAN;; STOP & GO HOCKEY STK;; HOCKEY STK;;  
 ALEMANA;; BRK BK REC TO TRIPLE CHAS LOD;;  
 RK FWD REC TO BK TRIPLE CHAS;; HND TO HND IN 4 TO FACE;

B  
 CHASE M FULL TRN/ LADY IN 4 TO VARSOUV;;  
 PARALLEL CHASE;; WALK & CHA/LADY ROLL RIGHT 4 TO BFLY;  
 FENCELINE; NY IN 4; AIDA RLOD; SWITCH RK; NY RLOD; CRAB WALK;  
 MERENGUE 4 TO HND SHAKE; {2<sup>ND</sup> TIME TO BFLY}

**REPEAT A & B**

**C**

TRAVELING DOOR EACH WAY;; TWRL VINE 2 & CHA; INTO A FENCELINE BFLY;  
 DBL CUBANS;; REV UND/ARM TRN; SPOT TRN;

**B (1-10)**

CHASE M FULL TRN/ LADY IN 4 TO VARSOUV;;  
 PARALLEL CHASE;; WALK & CHA/LADY ROLL RIGHT 4 TO BFLY;  
 FENCELINE; NY IN 4; AIDA RLOD; SWITCH RK; NY RLOD;

**ENDING**

CRAB WALK; TWRL VINE 2 & CHA; FENCELINE IN 4; AIDA LOD; SWITCH RK;  
 SPOT TURN; BRK BK TO OP & CHA; THRU SD BEH PRESS;