

ROCKIN' GOOD WAY

COMPOSERS: Dom & Joan Filardo, 44144 Pimento Lane, California, MD 20619
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RECORD: Collectable COL 4264, Brook Benton/Dinah Washington(Palomino)
RHYTHM: Jive **PHASE:** IV **SPEED:** Adj for comfort
FOOTWORK: Opposite except where noted. **SEQ:** INT- A-A-B-A-B-A-END
RELEASE DATE: 2/10/98

INTRO

1-4 WAIT;;PROG ROCK 8;;

- [1-2]in BFLY/Wall wait 2 meas;;
- [3-4] Rk apt L, XRIF, rk apt L, XRIF; rk apt L, XRIF, rk apt L, XRIF;(CP/WALL)

PART A

1-4 CHASSE LT/RT; RT TRNG FALLAWAY;; CHG PL RT/LT;;(lopn/rlod)

- [1] sd L/cl R, sd L, sd R/cl L, sd R;
- [2] rk bk L to SCP, rec R trng rt fc 1/4 sd L/cl R, sd L;
- [3] trng rt fc 1/4 sd R/cl L, sd R to fc COH, rk bk L to RSCP, rec R;
- [4] bk L trng lt fc 1/4, rec R, fwd L,(fwd R begin 3/4 rt fc trn under raised lead hnds, cl L, sd & fwd R) fwd R/ cl L, fwd R, progressing RLOD end in LOPN fc RLOD;(sd & bk L/ cl R, bk L end in LOPN fcg LOD)

5-8 LINDY CATCH;;(cp/rlod) STP KICK TWICE; SAILOR SHUFFLES;

- [5] rk apt L, rec R, fwd L/cl R, fwd L moving around lady's rt side catching her waist with rt hnd;
- [6] fwd R, fwd L, continuing rt fc around lady fwd R/cl L, fwd R to fc lady in CP/RLOD;(bk L, bk R, stay fcg RLOD no turn, bk L/cl R bk L to CP/LOD)
- [7] sd L, kick R fwd btwn W's feet, rec R, kick L outsid W's rt leg;
- [8] XLIB/ sd R, sd L, XRIB/ sd L, sd R;

9-12 CHG PL RT/LT(cp/wall);; JIVE WALKS;; SWIVEL WALKS 4;

- [9] rk bk L, rec R, sd L trng lt fc 1/4 cl R, sd L;(rk bk R, rec L begin 3/4 rt fc trn under joynd M's lt & W's rt hnds, fwd R/cl L, fwd R)
- [10] sd R/cl L, sd R to CP/ WALL,(sd L/cl R, sd L to CP fcg ptrn) rk bk L, rec R to SCP;
- [11] fwd L/cl R, fwd L, fwd R/cl L, fwd R;
- [12] swivel fwd L, fwd R, swivel fwd L, fwd R;

PART B

1-4 PRETZEL TURN(rock fwd twice);; KICK BALL CHG,

- [1] rk bk L, rec R, chasse sd & fwd L/cl R trng 1/2 rt fc, sd & bk L to LOPN; M's L & W's R hnd joined
- [2] chasse sd & fwd R/cl L trng 1/4 rt fc sd & fwd R to LOD, end side by side, M's L & W's R hnd joynd bhnd backs, rk fwd L, extend M's rt & W's L hnd fwd, rec R;
- [3] rk fwd L, extend M's rt & W's L hnd fwd, rec R, chasse sd & fwd L to RLOD, cl R trng 1/4 lt fc, sd & fwd L; cont trng 1/2 lt fc, retain M's L & W's R hands.
- [4] sd R, cl L, sd R to SCP, kick L fwd, take weight in place on L, take weight in place on R;

5-8 PRETZEL TURN(rock fwd twice);; KICK BALL CHG,

- [5-8] repeat part B, measures 1 thru 4

END

1-4 **4 POINT STEPS;; THROWAWAY; CHICKEN WALKS(qqqq):**

- [1] point L toe fwd & slightly outward on outside edge of foot touching floor, fwd L, point R toe fwd & slightly outward on outside edge of foot touching floor, fwd R;
- [2] repeat measure [1] of ending
- [3] sd & fwd L, trng lt fc slightly to LOD /cl R, fwd L, fwd R/cl L, fwd R;(trng lt fc pick up R/ cl L, bk R, bk L/cl R, bk L, end LOPN fcg RLOD)
- [4] bk L, bk R, bk L, bk R;

5-9 **CHG HANDS BEHIND BACK;; CHG PL RT/LT,;(wall) PROG ROCK 8;;**

- [5] rk bk L, rec R, fwd L, trng lt fc 1/4 /cl R, fwd L;(W bk R, rec L, fwd R trng rt fc 1/4 cl L, fwd R)
M chgs W's rt hnd to his rt hnd on first triple bhnd his back and back to his lt hnd on second triple
- [6] continue trng lt fc sd & bk R/cl L, bk R to RLOD, bk L trng lt fc 1/4, rec R, fwd L,(fwd R begin 3/4 rt fc trn under raised lead hnds, cl L, sd & fwd R)fwd R/ cl L, fwd R;
- [7] chasse sd L/cl R, sd L, sd R/cl L, sd R to fc WALL/BFLY;
- [8-9] Repeat measure [3-4] of intro.