

ROCKIN PNEUMONIA

CHOREO: Bob & Sally Nolen
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MUSIC: Rockin Pneumonia,
ALBUM: Debbie Bales & Band BALLROOM DANCING THE PASSION

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RHYTHM & PHASE: WCS/JIVE IV +1+2
(Dble Whip Trn) +
(Whip & Flip+Shuffling Door)*



MUSIC SOURCE: Amazon Digital Music
REL. DATE: May 2015
SEQUENCE: INTRO A (WCS), B (JIVE), A (1-8 WCS),
C (JIVE) A (1-8 WCS) D (JIVE) A (1-8 WCS) End

DIFFICULTY: Moderate
TIME @ 100%: 2:37 min download
SUG. SPEED: reduce 5% or 43 RPM or 2.49 min

Revision 1, July 2015

Introduction

1-4 Wait; Wait; Wrapped Whip; ;

- 1 {Wait} In LOP/LOD Wait 1 meas;
2 {Wait} In LOP/LOD Wait 1 meas;
{Wrapped Whip} bk L to double hndhold, rec R turning 1/4 rt fc, bring man's L & lady's R hnds in & over
3-4 lady's head sd L cont rt fc trn/close R, sd & fwd L in wrapped pos; X R in bk of L turning rt fc release M's R
& lady's L hnds, sd L turning rt fc to fc LOD, in place R/ L, R; (fwd R, fwd L, fwd R/close L, bk R; bk L, bk R,
in place L/ R, L:)

A (WCS)

1-4 Whip & Flip; ; Right Side Pass; ,, Rk 2;

- 1-2 {Whip & Flip} Bk L, rec fwd & sd R moving to wom's R sd turning 1/4 rt fc to CP, sd L turning 1/4 rt fc/fwd
R, sd & fwd L & on same track as L ft & while flipping to sdcar; Fwd R, cking fwd L, starting a lft fc trn
R/bkng up completing the lft fc trn & taking woms lft hnd in man's rt hnd to an "L" pos L; (fwd R, fwd L
turning RF 1/2 to CP, bk R/close L to R, fwd R between man's ft turning 1/2 RF; bk L, bk w/trn R, in place L
/ R, L;)
3-4 {Right Side Pass} Sd L, rec sd R, close L/in place R, fwd L; in place R / L, R, (fwd R, fwd L, fwd R turning 1/4
lft fc/X L in frnt turn 1/4 lft fc, bk R; in place L/ R, L,)
{Rk 2} Rk fwd L, Rec R;

5-8 Underarm Turn; ,,Sugar Tuck and Spin; ,,Chicken Walk 4 to Stack Hnds Rt Over Lft;

- 5-7 {Underarm Turn} bk L turning rt fc, fwd R turning rt fc, fwd L/close R, fwd L; in place R / L, R, (fwd R, fwd L
under jned lead hnds, fwd R/L, R turning lft fc; in place L/ R, L,)
{Sugar Tuck and Spin} OP fcg ptr and LOD - bk L, bk R, tap L, fwd L; (anchor) R bk under body/replace wt
to L, replace wt to R, (OP fcg ptr and RLOD - fwd R, fwd L, tap R beside L, swvl 1/2 RF to fc LOD fwd R spin
1/2 RF to fc RLOD; (anchor) bk L under body/replace wt to R, replace wt to L,)
8 {Chicken Walks to Stk Hnds Rt ovr Lft} bk L, bk R begin shkng rt hnds ovr lft hnds, bk L, bk R; (fwd R, fwd L
begin shkng rt hnds over lft hnds, fwd R, fwd L;)

9-12 Sugar Push w/Man's Head Loop; ,,Sugar Push w/Woman's Head Loop; ,, Kick Ball Chnge 2X;

- 9-12 {Sugar Push w/Man's Head Loop Jning Hnds Rt Ovr Lft } bk L, bk R, touch L to R leading woman's rt hnd
ovr man's head and release to both hnds lft ovr rt; in place R / L, R, (fwd R, fwd L, touch R to L, bk R; in
place L/ R, L,)
{Sugar Push w/ Woman's Head Loop} bk L, bk R, touch L to R leading woman's rt hnd ovr woman's head
and release, fwd L; in place R / L, R, (fwd R, fwd L, touch R to L, bk R; in place L/ R, L,)
{Kick Ball Chnge 2X} In LOP/RLOD kick L fwd/take wgt on ball of that ft,replace wgt on R, repeat ; (In
LOP/LOD kick R fwd/take wgt on ball of that ft,replace wgt on other L, repeat ;)

13-16 Underarm Trn; ,, Lft Sd Pass; ,, Qk Sd Brks;

- 13-16 {Underarm Turn} Bk L turning rt fc, fwd R turning rt fc, fwd L/close R, fwd L; in place R / L, R, (fwd R, fwd L
under jned lead hnds, fwd R/L, R turning lft fc; in place L/ R, L,)
{Lft Sd Pass} Bk L turning LF, close R turning LF leading woman to man's lft sd, fwd L/close R, fwd L; in
place R/ L, R, (fwd R, fwd L passing on man's lft sd, fwd R/L, R turning LF; in place L/ R, L,)

B (JIVE)

Change Left to Right; ,, Throwaway Lady Overtrn to FC/LOD ; ,, Men Pass Her by in 4 to

1-4 LOP/RL0D ;

- 1-4 {Change Left to Right} Rock bk L, rec R, sd L/close R, sd L comm 1/4 RF turn;sd R/close L, sd R, (Rock bk R, rec L, fwd R/close L, fwd R comm 1/4 lft fc trn under jned lead hnds; triple in place completing lft fc trn to fc prtnr in LOP/WALL; triple in plc ,)
{Throwaway Lady Overtrn to FC/LOD} Rk bk L, Rec R, sd L/close R, sd L, sd R/close L, sd R comm up to 1/4 lft fc trn on triples; (Rk bk R, Rec L, pick up R/L, R comm rt fc trn on last step of triple to overtrn LOD; triple in plc ,)
{Men Pass Her by in 4} Fwd L, Fwd R, Fwd trng L on L, Stp bk R ; (I n place R,L,R,L;)

5-8

Change Left to Right to LOP/COH; ,, Change Lft to Rt LOP/LOD; ,, Kick Ball Chnge 2X;

- 5-8 {Change Left to Right} Rock bk L, rec R, sd L/close R, sd L comm 1/4 rt fc trn;sd R/close L, sd R, (Rock bk R, rec L, fwd R/close L, fwd R comm up to 3/4 lft fc trn under jned lead hnds; sd L/close R, sd L complete lft fc trn to fac prtnr,)
{Change Left to Right} Rock bk L, rec R, sd L/close R, sd L comm 1/4 RF turn;sd R/close L, sd R, (Rock bk R, rec L, fwd R/close L, fwd R comm up to 3/4 lft fc trn under jned lead hnds; sd L/close R, sd L complete lft fc trn to fac prtnr,)
{Kick Ball Change 2X} LOP/FC/LOD pos kick free ft fwd/take wgt on ball of that ft,replace wgt on other ft, repeat, (LOP/FC/RL0D pos kick free ft fwd/take wgt on ball of that ft,replace wgt on other ft, repeat;)

Repeat Part A 1-8 to LOP/FC/LOD (WCS)

C (JIVE)

Change Left to Right CP/WALL; ,, Throwaway Lady Overtrn to FC/LOD ; ,, Men Pass Her by in 4 to Both FC/COH ;

- 1-1.5 {Change Left to Right} Rock bk L, rec R, sd L/close R, sd L comm 1/4 RF turn;sd R/close L, sd R, (Rock bk R, rec L, fwd R/close L, fwd R comm 1/4 lft fc trn under jned lead hnds; triple in place completing lft fc trn to fc prtnr in LOP/WALL; triple in plc ,)
1.5-3 {Throwaway Lady Overtrn to FC/LOD} Rk bk L, Rec R, sd L/close R, sd L, sd R/close L, sd R comm up to 1/4 lft fc trn on triples; (Rk bk R, Rec L, pick up R/L, R comm rt fc trn on last step of triple to overtrn LOD; triple in plc ,)
3-4 {Men Pass Her by in 4 to Both FC/COH} Fwd L, Fwd R, Fwd trng L on L, Stp bk R ; (In place R,L,R,L;)

5-8 Shuffling Doors ;; Chnge Hnds Bhnd Bk to Lady Bdy Ripple Man Hold; ;

- 5-6 {Shuffling Doors} XLIB, rec RIF, sd L/cl R slidng xross behind lady LOP/COH; XRIB, rec LIF,sd R/cl L, slidng xross in frnt of W turn to face partner;
7-8 {Chnge Hnds Bhnd Bk} Rock apart L, rec R, fwd L starting 1/4 lfc trn & placing rt hnd & over lady's rt hnd &/close R, fwd L releasing L hnd & completing 1/4 LF trn to tandem pos in frnt of man; sd & bk R starting 1/4 lft fc turn & placing lft hnd & behind M's bk/close L transferring lady's rt hnd & to man's lft hnd & behind his bk, sd & bk R completing 1/4 lft trn, (Rock apart R, rec L, fwd R starting 1/4 rt fc trn/close L, fwd R completing 1/4 rt fc trn to tandem behind man; sd & bk L starting 1/4 RF trn/close R, sd & bk L completing 1/4 rt fc trn,)
{Men Hold & Lady Bdy Ripple} Men hold; (lady bend knees compressing strongly into floor and tilt torso by moving the hips forward then return to vertical position by first straightening the knees and then pulling the hips back to a normal position;)

Repeat Part A 1-8 to LOP/FC/LOD (WCS)

D (JIVE)

1-4 Change Left to Right to CP/WALL; ,, Throwaway Lady Overtrn to FC/LOD ; ,, Men Pass Her by in 4 to LOP/RLOD ;

1-3 *{Change Left to Right}* Rock bk L, rec R, sd L/close R, sd L comm 1/4 RF turn;sd R/close L, sd R, (Rock bk R, rec L, fwd R/close L, fwd R comm 1/4 lft fc trn under jned lead hnds; triple in plc completing lft fc trn to fc prtnr in LOP/WALL; triple in plc ,)
{Throwaway Lady Overtrn to FC/LOD} Rk bk L, Rec R, sd L/close R, sd L, sd R/close L, sd R comm up to 1/4 lft fc trn on triples; (R k bk R, Rec L, pick up R/L, R comm rt fc trn on last step of triple to overtrn LOD;triple in plc ,)

4 *{Men Pass Her by in 4}* Fwd L, Fwd R, Fwd trng L on L, Stp bk R ; (In place R,L,R,L;)

5-8 Link to a Dble Whip Trn;; Continuous Chasse; Throw Away in 4 ;

5-6 *{Link to Dble Whip Trn}* Rock bk L, rec R, small triple fwd L/R,L to BJO/RLOD/WALL; X R in bk of L toe turned out comm turning RF, sd L contrRF turn, X R in bk of L toe turned out comm turning RF, sd L contrRF turn to CP/WALL; (Rock bk R, rec L, small triple fwd R/L, R to CP; fwd L twd man's rt sd comm turning rt fc, fwd R between man's ft cont rt fc turn, fwd L twd man's rt sd comm turning rt fc, fwd R between man's ft cont rt fc turn;)

7 *{Continuous Chasse}* In CP/WALL sd R/close L, sdR /close L, sd R/close L, sd R;

8 *{Throw Away in 4}* Rk bk L, Rec R, in plc L, in plc R; (Rk bk R, Rec L, pking up R, small bk L;)

Repeat Part A 1-8 to LOP/FC/LOD (WCS)

END

1-5.5 Side Breaks; Sugar Wrap Knee Lift to Both Fc Wall; ,, Shuffling Door 2X ;;

1 *{Side Breaks}* Push stp L/push stp R, close L/close R, push stp L/push stp R, close L/close R; (Push stp R/push stp L, close R/close L, push stp R/push stp L, close R/close L ;)

2-3.5 *{Sugar Wrap w/Knee Lift & Unwrap to Both Fc Wall}* Bk L, Bk R leading the lady to wrap rt face in frnt of man, pnt L fwd, rec fwd L unwrap lady to both fc; anchor R/L, R to both fc wall ; (Fwd R, fwd L swivel rt fc to wrap in frnt of man, lift rt knee up pushing rt arm fwd twrd LOD, fwd R trning lft fc to fc prtnr; anchor L/R, L to LOP/WALL;)

5.5 *{Shuffling Door 2X}* XLIB, rec RIF, sd L/cl R slidng xross behind W OP/WALL;

{Shuffling Door} XRIB, rec LIF, sd R/cl L, slidng xross in frnt of W turn to face partner;

6.5 Fc & Lnge Sd to COH & Glissando the Piano ;**

6.5 *{Fc & Lunge Sd to COH & Glissando the Piano}* Both Fc & Lnge sd to COH, & both Glissando the Piano;

* Whip & Flip can be viewed at www.dreamarounds.com for Pontoon WCS

** Glissando the piano is to take the back of the fingers & stroke all piano keys from right to left

HEAD CUES

Introduction

Wait; Wait; Wrapped Whip; ;

A (WCS)

Whip & Flip; ; Right Side Pass; , Rk 2 ; ;
Underarm Turn; , Sugar Tuck and Spin; , Chicken Walks;
Sugar Push w/Woman's Head Loop; , Sugar Push w/Man's Head Loop; ,
Underarm Trn; , Lft Sd Pass; , Qk Sd Breaks ;

B (JIVE)

'Change Left to Right to CP/WALL; , Throwaway Lady Overtrn to FC/LOD ; , Men Pass Her by in 4 to LOP/RL0D ;
Change Left to Right to FC/COH; , Change Left to Right LOP/LOD; , Kick Ball Change 2X ;

Repeat Part A 1-8 to LOP/FC/LOD (WCS)

Whip & Flip; ; Right Side Pass; ,
Underarm Turn; , Sugar Tuck and Spin; , Chicken Walks;

C (JIVE)

Change Left to Right to CP/WALL; , Throwaway Lady Overtrn to FC/LOD ; , Men Pass Her by in 4 to Both FC/COH;
Shuffling Doors;; Chnge Hnds Bhnd Bk & Body Ripple Man HOLD; ;

Repeat Part A 1-8 to LOP/FC/LOD (WCS)

Whip & Flip; ; Right Side Pass; ,
Underarm Turn; , Sugar Tuck and Spin; , Chicken Walks to Stk Hnds Rt ovr Lft;

D (JIVE)

'Change Left to Right to CP/WALL; , Throwaway Lady Overtrn to FC/LOD ; , Men Pass Her by in 4 to LOP/RL0D ;
Link to a Dble Whip Trn;; Continuous Chasse; Throw Away in 4 ;

Repeat Part A 1-8 to LOP/FC/LOD (WCS)

Whip & Flip; ; Right Side Pass; ,
Underarm Turn; , Sugar Tuck and Spin; , Chicken Walks;

END

Side Breaks; 'Sugar Wrap & Knee Lift to Both FC/WALL; , Shuffling Door;
Shuffling Door; FC & Lnge Sd to COH, Glissando the Piano;