

Footwork & Body Movement - Course Outline

Footwork & Body Movement	Footwork	Body Movement
Week 1 (R'billy Walks, Rotate & Restart)	Foot Placement Kick-Ball Step/Cross/Change	Leg Swing, Figure 8s
Week 2 (KBC Rolls, Floating Breaks)	Hold It - Stretch It Floating Step	Body Rotation & Rounding
Week 3 (Kick-Brush-Slide, Switch & Shift)	Rolls, Stomps, Hops, & Skips Directional Footwork Actions	Body Lines, Hip Shifts
Week 4 (4Beat Cross)	Depth: Working the Floor, Working the Legs	Shoulders & Abdominals
Week 5 (Swing Walks, Sweep & Swivel)	Leg Rotation: Crossing & Sweeping	Contra Body Pressure: Isolation vs. Enhancement
Week 6 (Cross-Pause-Push; Finish!)	Wrapping Footwork	Revision

Cool Cats Rock 'n' Roll

MOB: 0415 481 938 or 0411 049 813

WEB: www.coolcatsrocknroll.com

EMAIL: coolcats@coolcatsrocknroll.com

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Rockin' Cats - Sequence Outline

4x8	Intro	Rockabilly Walks
4x8	Verse 1	KBC Rolls
4x8	Verse 2	Floating Breaks
4x8	Verse 3	Kick-Brush-Slide
4x8	Verse 4	Switch & Shift
4x8	Chorus 1	4Beat Cross
2x8	Chorus 2	Rockabilly Walks
4x8	Bridge 1	Swing Walks
4x8	Bridge 2	Sweep & Swivel
4x8	Verse 5	Kick-Brush-Slide
4x8	Verse 6	Switch & Shift
4x8	Chorus 1	4Beat Cross
2x8	Chorus 2	Rockabilly Walks
3x8	Finish! 1	Cross-Pause-Push
1x8	Finish! 2	Crossing Stroll & Hook-Slide

Rockin' Cats - Simple Sequence

4x8	Intro	Rockabilly Walks
16x8	Verse 1-4	Rockabilly Walks
4x8	Chorus 1	4Beat Cross
2x8	Chorus 2	Rockabilly Walks
4x8	Bridge 1	Swing Walks
4x8	Bridge 2	Kick-Brush-Slide
8x8	Verse 5-6	Rockabilly Walks
4x8	Chorus 1	4Beat Cross
2x8	Chorus 2	Rockabilly Walks
3x8	Finish! 1	Rockabilly Walks
1x8	Finish! 2	Crossing Stroll & Hook-Slide

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Rockin' Cats

4x8 Intro Rockabilly Walks

- 1x8 Intro
- 3x8 Slow Walk forward RF > LF > RF (1,2,3,4,5,6)
 - Heels placed across the body, creating hip sway
 - Double Click/Pose (7_8)

4x8 Verse 1 KBC Rolls

- 1x8 Rotate & Restart
 - LF Hook Ball Change rotating ¼ anti-clockwise (1a2)
 - Flea Kicks LF, RF (3,4)
 - Drag RF (5_8); optional hip movement (7,8)
- 3x8 KBC Rolls
 - RF Kick-Ball-Cross + Stomp (1a2a3_4)
 - Figure 8 Hip Rolls (5,6,7,8) commencing back & left
 - Repeat LF/RF

4x8 Verse 2 Floating Breaks

- 1x8 Rotate & Restart
- 3x8 Floating Breaks
 - Push Back into Slide (RF behind); Heel, Roll, Pivot (acw), Step (+1,2,3,4)
 - LF Heel, Step (5,6)
 - RF Tap (crossed behind), Step (7,8)
 - Repeat: LF Behind, pivoting cw
 - Repeat: RF Behind, pivoting acw

4x8 Verse 3 Kick-Brush-Slide

- 1x8 Rotate & Restart
- 3x8 Directional Cross-Body Kicks, Brush, Slide
 - RF Cross Body Kick, Step (1,2)
 - LF Cross Body Kick, Step (3,4)
 - RF Brush (crossing in front), Step (5a6)
 - Slide Left (7_8)
 - Repeat: LF/RF

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4x8 Verse 4**Switch & Shift**

- 1x8 Rotate & Restart
- 3x8 Switch, Push, Rock-Rock
 - Hop onto RF extending LF back and to the side (+1_2)
 - Switch: Hop onto LF extending RF back and to the side (+3_4)
 - LF Push Back into Body Curl (5_6); LF leading
 - Rock Forward & Back (7,8)
 - Repeat: LF/RF

4x8 Chorus 1 4Beat Cross

- 1x8 *4Beat Cross
 - Wind-up acw into step back to the side LF(+1)
 - 180° Rotation Steps cw (2,3,4)
 - Wind-up cw to the side RF(+5)
 - 180° Rotation Steps acw (6,7,8)
 - Partnered dance possible, with RHS partner using matching opposite actions*
- 1x8 Shoulder Rolls
 - RS back, right, & down (1), up & forward (2)
 - LS back, left, & down (3), up (4)
 - Use the arms and click to help action (Complimentary Body Motion)
 - Repeat
- 1x8 4Beat Cross
- 1x8 Deep Roll & Hip Flick
 - RS Pushes slowly toward the floor (1_2+); crunch through the body and come down through the supporting leg to achieve this
 - RS quickly lifts up, pulling the hip through with it (3_4); push the hip (bum) through to the right with body rotating acw
 - Drag RF to close under body (5_8)

2x8 Chorus 2 Rockabilly Walks

- 2x8 Slow Walk forward RF > LF > RF (1,2,3,4,5,6)
 - Heels placed across the body, creating hip sway
 - Double Click/Pose (7_8)
 - Repeat: LF – centre weight to finish

4x8 Bridge 1 Swing Walks

- 1x8 Rotate & Restart
- 3x8 Swing Walks: Crossing Sweep (Guys) / Strut (Gals)
 - Slow Walk forward RF > LF > RF (1_2,3_4,5_6)
 - RF crosses in front of LF...
 - Upper torso turns opposite direction to feet (Contra Body Movement)
 - Flat Sweep Pivot to Close (7_8); use arms with direction of rotation
 - Repeat: LF/RF
 - Guys: think 40/50's Musical ... Gals: think Boom-Chikka-Boom...

4x8 Bridge 2 Sweep & Swivel

- 1x8 Rotate & Restart
- 1x8 Swivel
 - LF Step (+), RF Close & Swivel acw (1)
 - Swivels on alternating feet (2,3,4,5,6)
 - RF Step, LF Sweep to rotate 180° cw and cross in front (+7_8)
- 1x8 Sweep
 - RF Sweep (crossing in front), Step (1_2)
 - Repeat: LF (3_4), RF (5_6)
 - LF Sweep to rotate 180° cw and cross in front (7_8)
- 1x8 Swivel
 - RF Close & Swivel acw (1)
 - Swivels on alternating feet (2,3,4,5,6)
 - Step-Off (7a8): RF cross in front, LF step (left & uncross) to push back to RF

4x8 Verse 5

4x8 Verse 6

Kick-Brush-Slide

Switch & Shift

4x8 Chorus 1

2x8 Chorus 2

4Beat Cross

Rockabilly Walks

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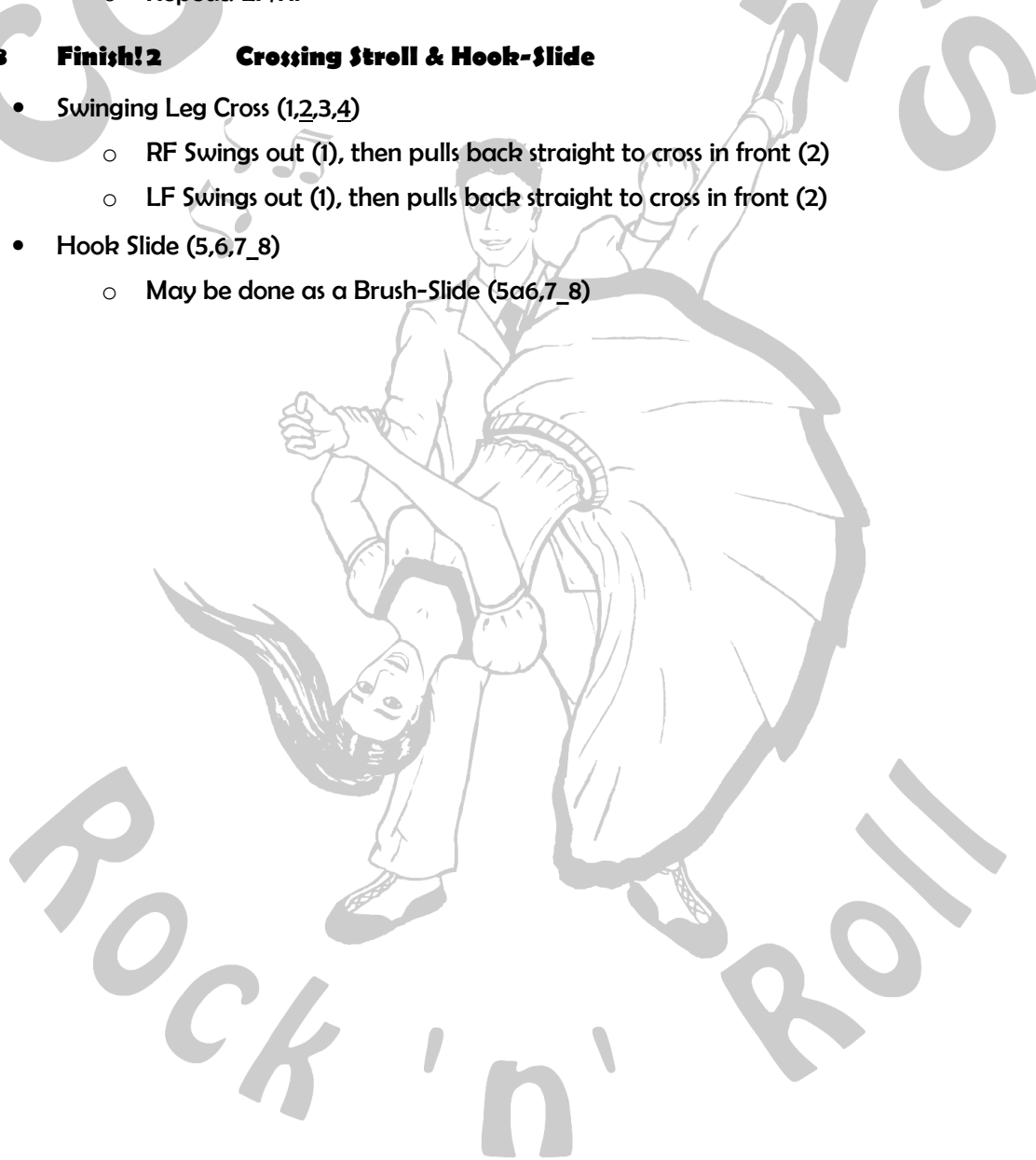
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3x8 Finish!1 Cross-Pause-Push

- 3x8 Syncopated Switch-Back
 - RF Cross in front (+1,2)
 - Unwind acw (3), Pause (4)
 - RF Push Back into Body Curl (5_6); RF leading
 - RF Pulls Back into Body Curl (7_8); LF leading
 - Repeat: LF/RF

1x8 Finish!2 Crossing Stroll & Hook-Slide

- Swinging Leg Cross (1,2,3,4)
 - RF Swings out (1), then pulls back straight to cross in front (2)
 - LF Swings out (1), then pulls back straight to cross in front (2)
- Hook Slide (5,6,7_8)
 - May be done as a Brush-Slide (5a6,7_8)



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