



Rock The Cradle Joe/Jamie Allen

A couples routine

Traditional Hammer Dulcimer Music

Time: 2:31

Choreo: Mark Wilson &
Connie Moser
clogger@cvn.net
(717) 677-8869

Music: from the CD Civilian
by Tom Jolin
(717)642-8053

Sequence: **Intro—A—Spin & Duck—A—Spin & Duck—A—
B—Tenn. Twirler—B—Tenn. Twirler**

Wait 16 beats, left foot lead, guy on left, girl on right with inside hands joined

Intro

2 basics, triple, mountain goat, triple

Part A

1st time, guy turns counterclockwise $\frac{3}{4}$, girl turns clockwise $\frac{3}{4}$ to end facing each other.

2nd time, star thru to end as couples facing the rear.

3rd time, repeat what you did the 1st time.

4th time, guy takes girl's left hand with his right hand and wraps the girl in front. Both are facing front with both hands joined, girl with right over left.

When doing part A for the last time, star thru to end as couples rather than wrapping the girl.

1st couples move: Spin & Duck (16 basics)

On first 2 basics the girl unwraps (lawnmower spin).

On next 2 basics girl twirls. Guy switches girls left hand to his left hand. Hands are behind dancers backs now.

On next 2 basics girl rolls behind guy's back to end on the other side of the guy, never letting go of hands.

On next 2 basics guy rolls behind girl's back.

On next 2 basics both dancers turn to the back at the same time, never letting go of hands.

On next 2 basics dancers drop left hands and guy ducks down and turns counterclockwise 180° to face front while girl walks around the guy also ending facing front.

On next 2 basics guy ducks down again but does not turn the 180°. He dances to the other side of the girl who remains facing front.

Last 2 basics are in place as a couple facing front.

Part B

4 basics, hop step, fancy double } repeat

hop step = DS Br hop H S RS

L R L R R LR

&a1 & 2 & 3 & 4

2nd couples move: Tennessee Twirler (16 basics)

On first 4 basics, from a promenade position, girl dances clockwise around guy with hands raised and joined to end in var souviens promenade position.

On next 2 basics guy and girl both twirl with hands joined, guy counterclockwise and girl clockwise.

On next 2 basics let go of left hands and exchange positions and change hands.

On next 2 basics wrap the girl.

On next 4 basics spin as a couple in the wrapped position.

On last 2 basics the girl unwraps (lawnmower spin).