

Rock and Roll Music

44 Count, 2 Wall, Improver

Choreographer: Rachael McEnaney-White (USA) Jun 2016

Choreographed to: Rock and Roll Music by Bryan Adams

Track: **Approx. 2:34mins**

Count In: **8 counts from start of track, dance begins on vocals. Approx 84 bpm**

Section 1 **R Rocking Chair, R Shuffle, L Rocking Chair, L Shuffle**

1 & 2 & Rock forward R (1), recover weight L (&), rock back R (2), recover weight L (&) 12.00

3 & 4 Step forward R (3), step L next to R (&), step forward R (4) 12.00

5 & 6 & Rock forward L (5), recover weight R (&), rock back L (6), recover weight R (&) 12.00

7 & 8 Step forward L (7), step R next to L (&), step forward L (8) 12.00

Section 2 **R Forward Rock, Toe Strut's Back R-L-R, L Coaster, R Fwd, ¼ Turn L, R Cross**

1 & 2 & Rock forward R (1), recover weight L (&), touch R toe back (2), drop R heel to floor (weight on R) (&) 12.00

3 & 4 & Touch L toe back (3), drop L heel to floor (weight L) (&), touch R toe back (4), drop R heel to floor (weight on R) (&) 12.00

5&67&8 Step back L (5), step R next to L (&), step forward L (6), step forward R (7), pivot ¼ turn left (&), cross R over L (8) 9.00

Section 3 **L Side, R Touch, R Side, L Touch, L Side-Close-Fwd, R Side, L Touch, L Side, R Touch, R Side-Close-Back**

1 & 2 & Step L to left side (1), touch R next to L (&), step R to right side (2), touch L next to R (&) 9.00

3 & 4 Step L to left side (3), step R next to L (&), step forward L (4) 9.00

5 & 6 & Step R to right side (5), touch L next to R (&), step L to left side (6), touch R next to L (&) 9.00

7 & 8 Step R to right side (7), step L next to R (&), step back R (8) 9.00

Section 4 **L Coaster Step, Step 'out-out' R-L, Hip Bumps L-R-L**

1&2&3 Step back L (1), step R next to L (&), step forward L (2), step R to right side (&), step L to L side (3) 9.00

& 4 & Bump hips left (&), bump hips right (4), bump hips left (&) 9.00

Section 5 **R Kick, R Close, L Kick, R Close, R Point, R Close, L Point, R Close, R Fwd Mambo, L Back Mambo**

1 & 2 & Kick R forward (1), step R next to L (&), kick L forward (2), step L next to R (&) 9.00

3 & 4 & Point R to right side (3), step R next to L (&), point L to left side (4), step L next to R (&) 9.00

5&67&8 Rock forward R (5), recover weight L (&), step R next to L (6), rock back L (7), recover weight R (&), step L next to R (8) 9.00

Section 6 **R Mambo ½ Turn R, L Fwd, ¼ Turn R, L Cross, R Grapevine, Big Step L, R Touch In-Out-In**

1 & 2 Rock forward R (1), recover weight L (&), make ½ turn right stepping forward R (2) 3.00

3 & 4 Step forward L (3), pivot ¼ turn right (&), cross L over R (4) 6.00

5 & 6 & Step R to right side (5), cross L behind R (&), step R to right side (6), touch L next to R (&) 6.00

7 & 8 & Take big step L to left side (7), touch R next to L (&), touch R to right side (8), touch R next to L (&) 6.00

Start Again - Happy Dancing

Ending: **The dance ends during the 5th wall which starts facing 12.00**

Dance up to count 27 – which will have you facing 9.00, you have just done the L coaster step (1&2), out-out (R-L) (&3)

For a nice ending, make ¼ turn to right stepping in place R (4), L (&), R (5) 12.00
