|  |  |
| --- | --- |
| Baby Rock'n Roll |  |

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| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wand:** | 4 | **Ebene:** | Beginner | . |
| **Choreograf/in:** | Gabi Beeler (CH) - November 2013 | | | | |
| **Musik:** | Sea of Cowboy Hats - Chely Wright | | | | |
| . | | | | | | |

**e.g Exercise Song: Old Time Rock n’Roll – Credence Clearwater Revival (BPM 124)**

**Also: to various Rock n’Roll Songs**

**[1-8] Heel R, Together, Heel L, Together (2x)**

|  |  |
| --- | --- |
| 1, 2 | Touch right heel forward, Step right foot next to left |

|  |  |
| --- | --- |
| 3, 4 | Touch left heel forward, Step left foot next to right |

|  |  |
| --- | --- |
| 5, 6 | Touch right heel forward, Step right foot next to left |

|  |  |
| --- | --- |
| 7, 8 | Touch left heel forward, Step left foot next to right |

**[9-16] Forward on Heels taking weight, return to place (2x)**

|  |  |
| --- | --- |
| 1 | Step forward onto heel of right (toe off floor) |

|  |  |
| --- | --- |
| 2 | step heel of left shoulder width apart from right (toe off floor) |

|  |  |
| --- | --- |
| 3 | Step back on right |

|  |  |
| --- | --- |
| 4 | Step left next to right |

|  |  |
| --- | --- |
| 5 | Step forward onto heel of right (toe off floor) |

|  |  |
| --- | --- |
| 6 | step heel of left shoulder width apart from right (toe off floor) |

|  |  |
| --- | --- |
| 7 | Step back on right |

|  |  |
| --- | --- |
| 8 | Step left next to right |

**[17-24] Rock Forward, Rock Back (Rocking Chair), Step, Pivot half turn Left (x2).**

|  |  |
| --- | --- |
| 1, 2 | Rock right forward, recover to left |

|  |  |
| --- | --- |
| 3, 4 | Rock right back, recover to left |

|  |  |
| --- | --- |
| 5, 6 | Step forward on Right. Pivot half turn Left (Facing 6 o’clock) |

|  |  |
| --- | --- |
| 7, 8 | Step forward on Right. Pivot half turn Left (Facing 12 o’clock) |

**[25-32] Jazz Box, Jazz Box with ¼ Turn Right**

|  |  |
| --- | --- |
| 1, 2 | Cross right over left, Step left back |

|  |  |
| --- | --- |
| 3, 4 | Step right to side, Step left together |

|  |  |
| --- | --- |
| 5, 6 | Cross right over left Step left back |

|  |  |
| --- | --- |
| 7, 8 | Turn ¼ right and step right forward, Step left together |

**Start again .....**

**Contact: Scorpion15@bluewin.ch**