

Rockin and Rollin

Count: 48

Wand: 2

Ebene: High Improver

Choreograf/in: Tom Lennox - December 2016

Musik: The Rockabilly Jive - Mike Denver



Start - 16 Count Intro

Section 1: TOE STRUTS, 1/4 MONTEREY TURN RIGHT.

- 1-2 Step forward on right toe, drop heel down
- 3-4 Step forward on left toe, drop heel down
- 5-8 Point right to right side, Turn 1/4 turn right stepping right next to left, point left to left side.
Step left next to right.

Section 2: TOE STRUTS, 1/4 MONTEREY TURN RIGHT.

- 1-2 Step forward on right toe, drop heel down
- 3-4 Step forward on left toe, drop heel down
- 5-8 Point right to right side, Turn 1/4 turn right stepping right next to left, point left to left side.
Step left next to right.

Section 3: RIGHT MAMBO, HOLD, LEFT LOCK STEP BACK, HOLD.

- 1-4 Rock forward onto right, recover on left, step back right, hold,
- 5-8 Step back on left cross right over left step back on left, hold.

Section 4: BACK RIGHT COASTER STEP, HOLD, FORWARD LEFT LOCK STEP, HOLD.

- 1-4 Step back on right, step left next to right, step right forward, hold.
- 5-8 Step forward on left, lock right behind left, step left forward, hold.

Section 5: (SUGARFOOT STEPS) R TOE, R HEEL, R CROSS, HOLD, L TOE, L HEEL, L CROSS, HOLD.

- 1-4 Touch right toe next to left instep, touch right heel diagonally to left instep then cross right over left and hold.
- 5-8 Touch left toe next to right instep, touch left heel diagonally to right instep then cross left over right and hold.

Section 6: RIGHT MAMBO, HOLD, LEFT COASTER STEP, HOLD.

- 1-4 Rock forward onto right, recover on left, step back right, hold,
- 5-8 step back on left, step right next to left, step left forward, hold.

START AGAIN AND ENJOY

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