

Rock, Roll And Grind

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Mark Furnell (UK)

Musik: Old Time Rock & Roll - Connie Francis



GRAPEVINE RIGHT, ¼ TURN, ¼ TURN, SWEEP ½ TURN, SAILOR CROSS

- 1-2 Step right to right side, cross left behind right
3-4 Step side on right, touch left to right
5-6 Step left to side making ¼ turn left, step right to side making ¼ turn left
&7&8 Sweep left foot round making ½ turn left on right, step left behind right, step side on right and cross left over right

POINT, HOLD AND CROSS, SIDE, BEHIND SIDE CROSS, POINT, TOUCH

- 1-2 Point right toe out to side, hold
&3-4 Step down on right foot and cross left over right, step side on right foot
5&6 Cross left behind right, step side on right and cross left over right
7-8 Point right to side and touch right toe to left foot

STEP, TOUCH, CHASSE ¼ TURN, ROCK STEP, COASTER STEP

- 1-2 Step side on right foot, touch left to right
3&4 Step side on left, close right o left and step left to side making ¼ turn left
5-6 Rock forward on right back on left
7&8 Step back on right, close left to right, step forward on right

HEEL GRIND, HEEL GRIND, ROCK STEP, COASTER STEP

- 1-2 Dig left heel forward and grind heel in an to the left direction
&3-4 Bring left to right and dig right heel forward and grind heel to the right
&5-6 Bring right to left and rock forward on to left, back onto right
7&8 Step back on left, bring right to left, step forward on left

REPEAT
