

Rock Roll And Grind

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Mark Furnell (UK) - August 2006

Musik: Old Time Rock & Roll - Connie Francis : (Album: Greatest Hits)



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 anti-clockwise direction
&3-4 Bring left to right and dig right heel forward and grind heel in a clockwise direction
&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

Have fun with it .
