# Jam And Bread



Count: 32 Wall: 2 Level: Improver

Choreographer: Roger Steinberg (UK)

Music: Roly Poly - The Chicks



### ROCK LEFT OVER AND RIGHT, CHASSIS LEFT, ROCK RIGHT OVER LEFT, SHUFFLE 1/4 TURN RIGHT

1-2	Rock step left over right, step back on right
3&4	Step left to left, right next to left, left to left
5-6	Rock step right over left, step back on left

7&8 ½ turn right shuffle right, left, right

## SIDE BEHIND 1/2 TURN LEFT, SIDE BEHIND, 1/4 TURN RIGHT

1-2	Left to left, right behind left,
3&4	½ turn shuffle left, right, left
5-6	Right to right, left behind right
7&8	1/4 turn shuffle right (right, left, right)

# ROCK FORWARD LEFT AND RIGHT, ½ SHUFFLE TURN LEFT (OR LOCK STEP), ½ TURN LEFT (OR LOCK STEP) RIGHT, LEFT, RIGHT, COASTER STEP

1-2	Rock left forward back on right
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3&4
½ turn left (left, right, left) or lock step back left, right, left
½ turn left (right, left, right) or lock step back right, left, right

7&8 Back on left, right next to left, forward on left

## MONTEREY TURN RIGHT, CHASSIS RIGHT ROCK LEFT OVER RIGHT

1-2	Step right to right, swivel on ball of left
3-4	Step left to left, step left next to right
5&6	Chasse to the right (right, left, right)
7-8	Rock left over right, back on right

### **REPEAT**

The dance ends on the last beat and instead of rock left, right you can shuffle rock left, right, left and wave your hands.