

# Rock, Roll And Grind

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Mark Furnell (UK)  
音乐: Old Time Rock & Roll - Connie Francis



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## 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**

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