

# Dance or Rock n Roll

拍数: 48      墙数: 2      级数: Improver  
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音乐: Mama Don't Dance & Your Daddy Don't Rock & Roll - Dr. Hook



## SCUFF, HITCH/SCOOT, STEP, ROCK STEP (2X)

1&2      RF scuff, hitch r knee & scoot on lf, step on RF  
3,4      LF rock back, RF weight back on RF  
5&6      LF scuff, hitch l knee & scoot on rf, step on LF  
7,8      RF rock back, LF weight back on LF

## SHUFFLE ¼ TURN RIGHT, PIVOT ½, STEP, ½ TURN, ¼ TURN, TOUCH

1&2      RF step to the right side, lf close to rf, ¼ turn right and rf step forward  
3,4      LF step forward, ½ turn right and step rf forward  
5,6      LF step forward, ½ turn left and rf step back  
7,8      ¼ turn left and lf step big step to left side, rf touch close to lf

## KICK BALL CROSS (2X), STEP, TOUCH, KICK BALL CROSS

1&2      RF kick diagonal right, rf step on rf, lf cross over rf  
3&4      RF kick diagonal right, rf step on rf, lf cross over rf  
5,6      RF step to the right side, lf touch close to rf  
7&8      LF kick diagonal left, lf step on lf, rf cross over lf

## ¼ TURN SHUFFLE, SHUFFLE, WALK, WALK, TOUCH SCOOT/HITCH, STEP

1&2      LF step to the left side, rf close to lf, ¼ turn left and lf step forward  
3&4      RF step forward, lf close to rf, rf step forward  
5,6      Step lf forward, step rf forward  
7&8      LF touch behind rf, lift lf and scoot back on rf, lf step back

## TOUCH SCOOT/HITCH, STEP, ROCK STEP, SHUFFLE FORWARD, PIVOT ½

1&2      RF touch behind lf, lift rf and scoot back on lf, rf step back  
3,4      LV rock back on lf, rf weight on rf  
5&6      LF step forward, rf close to lf, lf step forward  
7,8      RF step forward, ½ left and lf step forward

## STEP, HOLD, ½ TURN, HOLD, STEP, HOLD, ¼ TURN, HOLD

1,2      RF step forward, hold (and snap fingers)  
3,4      ½ turn left (weight on lf), hold (and snap fingers)  
5,6      RF step forward, hold (and snap fingers)  
7,8      ¼ turn left (weight on lf), hold (and snap fingers)

**Have fun!**

**No tags or restarts...**

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