

Rock and Roll Music

拍數: 44 牆數: 2 級數: Improver
編舞者: Rachael McEnaney (USA) - June 2016
音樂: Rock and Roll Music - Bryan Adams



Count In: 8 counts from start of track, dance begins on vocals. Approx 84 bpm

[1 – 8] R rocking chair, R shuffle, L rocking chair, L shuffle

1 & 2 & Rock forward R (1), recover weight L (&), rock back R (2), recover weight L (&) 12.00
3 & 4 Step forward R (3), step L next to R (&), step forward R (4) 12.00
5 & 6 & Rock forward L (5), recover weight R (&), rock back L (6), recover weight R (&) 12.00
7 & 8 Step forward L (7), step R next to L (&), step forward L (8) 12.00

[9 – 16] R forward rock, toe strut's back R-L-R, L coaster, R fwd, ¼ turn L, R cross

1 & 2 & Rock forward R (1), recover weight L (&), touch R toe back (2), drop R heel to floor (weight on R) (&) 12.00
3 & 4 & Touch L toe back (3), drop L heel to floor (weight L) (&), touch R toe back (4), drop R heel to floor (weight on R) (&) 12.00
5&67&8 Step back L (5), step R next to L (&), step forward L (6), step forward R (7), pivot ¼ turn left (&), cross R over L (8) 9.00

[17 – 24] L side, R touch, R side, L touch, L side-close-fwd, R side, L touch, L side, R touch, R side-close-back

1 & 2 & Step L to left side (1), touch R next to L (&), step R to right side (2), touch L next to R (&) 9.00
3 & 4 Step L to left side (3), step R next to L (&), step forward L (4) 9.00
5 & 6 & Step R to right side (5), touch L next to R (&), step L to left side (6), touch R next to L (&) 9.00
7 & 8 Step R to right side (7), step L next to R (&), step back R (8) 9.00

[25 – 28] L coaster step, step 'out-out' R-L, hip bumps L-R-L

1&2&3 Step back L (1), step R next to L (&), step forward L (2), step R to right side (&), step L to L side (3) 9.00
& 4 & Bump hips left (&), bump hips right (4), bump hips left (&) 9.00

[29 – 36] R kick, R close, L kick, R close, R point, R close, L point, R close, R fwd mambo, L back mambo

1 & 2 & Kick R forward (1), step R next to L (&), kick L forward (2), step L next to R (&) 9.00
3 & 4 & Point R to right side (3), step R next to L (&), point L to left side (4), step L next to R (&) 9.00
5&67&8 Rock forward R (5), recover weight L (&), step R next to L (6), rock back L (7), recover weight R (&), step L next to R (8) 9.00

[37 – 44] R mambo ½ turn R, L fwd, ¼ turn R, L cross, R grapevine, big step L, R touch in-out-in

1 & 2 Rock forward R (1), recover weight L (&), make ½ turn right stepping forward R (2) 3.00
3 & 4 Step forward L (3), pivot ¼ turn right (&), cross L over R (4) 6.00
5 & 6 & Step R to right side (5), cross L behind R (&), step R to right side (6), touch L next to R (&) 6.00
7 & 8 & Take big step L to left side (7), touch R next to L (&), touch R to right side (8), touch R next to L (&) 6.00

START AGAIN - HAPPY DANCING

Ending: The dance ends during the 5th wall which starts facing 12.00

Dance up to count 27 – which will have you facing 9.00, you have just done the L coaster step (1&2), out-out (R-L) (&3)

For a nice ending, make ¼ turn to right stepping in place R (4), L (&), R (5) 12.00

