

# Rockin and Rollin

**COPPER KNOB**  
STEPSHEETS

拍數: 48      牆數: 2      級數: High Improver  
編舞者: Tom Lennox - December 2016  
音樂: The Rockabilly Jive - Mike Denver



## Start - 16 Count Intro

### Section 1: TOE STRUTS, 1/4 MONTEREY TURN RIGHT.

1-2            Step forward on right toe, drop heel down  
3-4            Step forward on left toe, drop heel down  
5-8            Point right to right side, Turn 1/4 turn right stepping right next to left, point left to left side.  
Step left next to right.

### Section 2: TOE STRUTS, 1/4 MONTEREY TURN RIGHT.

1-2            Step forward on right toe, drop heel down  
3-4            Step forward on left toe, drop heel down  
5-8            Point right to right side, Turn 1/4 turn right stepping right next to left, point left to left side.  
Step left next to right.

### Section 3: RIGHT MAMBO, HOLD, LEFT LOCK STEP BACK, HOLD.

1-4            Rock forward onto right, recover on left, step back right, hold,  
5-8            Step back on left cross right over left step back on left, hold.

### Section 4: BACK RIGHT COASTER STEP, HOLD, FORWARD LEFT LOCK STEP, HOLD.

1-4            Step back on right, step left next to right, step right forward, hold.  
5-8            Step forward on left, lock right behind left, step left forward, hold.

### Section 5: (SUGARFOOT STEPS) R TOE, R HEEL, R CROSS, HOLD, L TOE, L HEEL, L CROSS, HOLD.

1-4            Touch right toe next to left instep, touch right heel diagonally to left instep then cross right over left and hold.  
5-8            Touch left toe next to right instep, touch left heel diagonally to right instep then cross left over right and hold.

### Section 6: RIGHT MAMBO, HOLD, LEFT COASTER STEP, HOLD.

1-4            Rock forward onto right, recover on left, step back right, hold,  
5-8            step back on left, step right next to left, step left forward, hold.

**START AGAIN AND ENJOY**

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