

# Rock Roll And Grind

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拍數: 32      牆數: 4      級數: Improver  
編舞者: Mark Furnell (UK) - August 2006  
音樂: Old Time Rock & Roll - Connie Francis : (Album: Greatest Hits)



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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 anti-clockwise direction  
&3-4      Bring left to right and dig right heel forward and grind heel in a clockwise direction  
&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

Have fun with it .

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