

# Rock and Roll Music

**Level:** Improver

**Count:** 44    **Wall:** 2

**Choreographer:** Rachael McEnaney-White (UK/USA) (Jun 16)

**Music:** Rock and Roll Music by Bryan Adams.

**Style:** Smooth (WCS)

**BPM:** 84

**Intro:** 8 counts from start of track, dance begins on vocals.

## **Sec 1      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

## **Sec 2      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

## **Sec 3      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

## **Sec 4      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

## **Sec 5      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

## **Sec 6      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