

SWEET ROCK AND ROLL

Count: 48. Wall: 4. Level: Improver

Choreographer: Craig Bennett (UK) March 2013

Music: B.G.M.O.S.R.N.R. by J D McPherson. Album: Signs and Signifiers

ROCK FORWARD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER, SHUFFLE

- 1,2 Rock R forward, Recover onto L
- 3&4 Step R back, Step L beside R, Step R back
- 5,6 Rock L back, Recover onto R
- 7&8 Step L forward, Step R beside L, Step L forward

STEP, PIVOT 1/4 LEFT, CROSS SHUFFLE, ROCK LEFT, RECOVER, CROSS SHUFFLE

- 1,2 Step R forward, Pivot ¼ left
- 3&4 Cross R over L, Step L to left, Cross R over L
- 5,6 Rock L to left, Recover onto R
- 7&8 Cross L over R, Step R to right, Cross L over R

SIDE, BEHIND, 1/4 RIGHT SHUFFLE, ROCK FORWARD, RECOVER, COASTER BACK

- 1,2 Step R to right, Step L behind R
- 3&4 Turn ¼ right step R forward, Step L L beside R, Step R forward
- 5,6 Rock L forward, Recover onto R
- 7&8 Step L back, Step R beside L, Step L forward

STEP, PIVOT 1/2 LEFT, SHUFFLE, ROCK FORWARD, RECOVER, COASTER BACK

- 1,2 Step R forward, Pivot ½ left
- 3&4 Step R forward, Step L beside R, Step R forward
- 5,6 Rock L forward, Recover onto R
- 7&8 Step L back, Step R beside L, Step L forward

STEP 45° RIGHT, DRAG WITH SHOULDER SHIMMY OR HIP BUMPS, TOUCH AND CLAP STEP 45° LEFT, DRAG WITH SHOULDER SHIMMY OR HIP BUMPS, TOUCH AND CLAP

- 1 Step R forward 45° right
- 2,3 Drag L towards R, shimmying shoulder or bumping hips
- 4 Touch L beside R, Clap
- 5 Step L forward 45° left
- 6,7 Drag R towards L, shimmying shoulder or bumping hips
- 8 Touch L toe beside R, Clap

MONTEREY 1/4 RIGHT, MONTEREY 1/2 RIGHT

- 1,2 Touch R toe to right, Turn ¼ right step R beside L
- 3,4 Touch L toe to left, Step L beside R
- 5,6 Touch R toe to right, Turn ½ right step R beside L
- 7,8 Touch L toe to left, Step L beside R

48 REPEAT