## Sweet Rock and Roll

Count: 48
Wand: 4
Ebene: Improver
Choreograf/in: Craig Bennett (UK) - March 2013
Musik: B.G.M.O.S.R.N.R. - JD McPherson : (Album: Signs and Signifiers)

[1-8] Rock Recover, Shuffle Back, Rock Recover, Shuffle Forward
1,2 Rock forward on right, Recover back onto left.
3\&4 Step back on right, Step left next to right, Step back on right.
5,6 Rock back on left, Recover forward onto right.
7\&8 Step forward onto left, Step right next to left, Step forward onto left
[9-16] Step 1/4, Cross Shuffle, Rock Recover, Cross Shuffle
1,2 Step forward on right, Pivot 1/4 turn left.
$3 \& 4 \quad$ Cross right over left, Step left to left side, Cross right over left.
5,6 Rock left to left side, Recover onto right.
7\&8 Cross left over right, Step right to right side, Cross left over right.
[17-24] Side Behind, 1/4 Shuffle Turn, Rock Recover, Coaster Step
1,2 Step right to right side, Step left behind right.
3\&4 Ste right $1 / 4$ turn right, Step left next to right, Step forward onto right.
5,6 Rock forward on left, Recover back onto right.
7\&8 Step back onto left, Step right next to left, Step forward on left.
[25-32] Step 1/2 Turn, Right Shuffle Forward, Rock Recover, Coaster Step
1,2 Step forward on right, Pivot 1/2 turn left.
3\&4 Step forward on right, Step left next to right, Step forward on right.
5,6 Rock forward on left, Recover back onto right.
$7 \& 8 \quad$ Step back on left, Step right next to left, Step forward on left.
[33-40] Step Drag with Shoulder Shimmy or Hip Bumps, Touch and Clap, Repeat 1 Step right diagonally forward.
2,3 Drag left towards right, shimmying shoulder or bumping hips.
4 Touch left next to right, Clap hands together.
$5 \quad$ Step left diagonally forward.
6,7 Drag right towards left, shimmying shoulder or bumping hips.
$8 \quad$ Touch left toe next to right, Clap hands together.
[41-48] Monterey $1 / 4$ Turn Right, Monterey $1 / 2$ Turn Right
1,2 Touch right toe to right side, Make 1/4 turn right stepping right next to left.
3,4 Touch left toe to left side, Step left next to right.
$5,6 \quad$ Touch right to right side, Make $1 / 2$ turn right stepping right next to left.
$7,8 \quad$ Touch left to left side, Step left next to right.

