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| Rock and Roll Music |  |

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| **Count:** | 44 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Rachael McEnaney (USA) - June 2016 |
| **Music:** | Rock and Roll Music - Bryan Adams |
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**Count In: 8 counts from start of track, dance begins on vocals. Approx 84 bpm**

**[1 – 8] R rocking chair, R shuffle, L rocking chair, L shuffle**

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| 1 & 2 & | Rock forward R (1), recover weight L (&), rock back R (2), recover weight L (&) 12.00 |

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| 3 & 4 | Step forward R (3), step L next to R (&), step forward R (4) 12.00 |

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| 5 & 6 & | Rock forward L (5), recover weight R (&), rock back L (6), recover weight R (&) 12.00 |

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| 7 & 8 | Step forward L (7), step R next to L (&), step forward L (8) 12.00 |

**[9 – 16] R forward rock, toe strut’s back R-L-R, L coaster, R fwd, ¼ turn L, R cross**

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| 1 & 2 & | Rock forward R (1), recover weight L (&), touch R toe back (2), drop R heel to floor (weight on R) (&) 12.00 |

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| 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 |

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| 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 |

**[17 – 24] L side, R touch, R side, L touch, L side-close-fwd, R side, L touch, L side, R touch, R side-close-back**

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| 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 |

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| 3 & 4 | Step L to left side (3), step R next to L (&), step forward L (4) 9.00 |

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| 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 |

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| 7 & 8 | Step R to right side (7), step L next to R (&), step back R (8) 9.00 |

**[25 – 28] L coaster step, step ‘out-out’ R-L, hip bumps L-R-L**

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| 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 |

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| & 4 & | Bump hips left (&), bump hips right (4), bump hips left (&) 9.00 |

**[29 – 36] R kick, R close, L kick, R close, R point, R close, L point, R close, R fwd mambo, L back mambo**

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| 1 & 2 & | Kick R forward (1), step R next to L (&), kick L forward (2), step L next to R (&) 9.00 |

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| 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 |

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| 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 |

**[37 – 44] R mambo ½ turn R, L fwd, ¼ turn R, L cross, R grapevine, big step L, R touch in-out-in**

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| 1 & 2 | Rock forward R (1), recover weight L (&), make ½ turn right stepping forward R (2) 3.00 |

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| 3 & 4 | Step forward L (3), pivot ¼ turn right (&), cross L over R (4) 6.00 |

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| 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 |

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| 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 |

**START AGAIN - HAPPY DANCING**

**Ending: The dance ends during the 5th wall which starts facing 12.00**

**Dance up to count 27 – which will have you facing 9.00, you have just done the L coaster step (1&2), out-out (R-L) (&3)**

**For a nice ending, make ¼ turn to right stepping in place R (4), L (&), R (5) 12.00**