Good Time Rock & Roll

Level: Improver / Intermediate

Choreographer: Ira Weisburd (USA) - June 2015 Music: And I - Danny & Bongy

Count: 32

Introduction: 8 counts. Start on vocal at 6 seconds. NO TAGS !! NO RESTARTS !!

PART I. (TOE, STEP, TOE STEP, BACK, RECOVER, SIDE, KICK L; WEAVE BACK 3 STEPS, KICK R, WEAVE BACK 3, HOLD)

- Touch R toe in place, Step down onto R, Touch L toe in place, Step down onto L 1&2&
- Step R back, Recover forward onto L, Step R to R, Kick L to L 3&4&
- 5&6& Step L behind R, Step R to R, Step L across R, Kick R to R
- 7&8 Step R behind L, Step L to L, Step R across L

PART II. (SIDE TOE STRUT, CROSS TOE STRUT, L NIGHTCLUB; SIDE, BEHIND, 1/4 R, PIVOT 1/2 TURN R ONTO L, BACK, RECOVER)

- Touch L toe to L, Step down onto L foot, Touch R toe across L, Step down onto R 1&2&
- 3.4& Step L to L, hold, Step R back, Recover forward onto L
- 5,6& Step R to R, hold. Step L behind, Make 1/4 R turn onto R (3:00)
- 7.8& Step L forward and pivot 1/2 Turn R (9:00), Step R back, Recover forward onto L

PART III. (R FORWARD TOE STRUT, L FORWARD TOE STRUT, MAMBO FORWARD; MAMBO BACK, 1/4 TURN R, SIDE, BACK, RECOVER)

- 1&2& Touch R toe forward, Step down on R, Touch L toe forward, Step down on L
- 3&4 Step R forward, Recover back onto L, Step R back
- 5&6 Step L back, Recover forward onto R, Step L forward
- Make 1/4 Turn R onto R (12:00), Step L to L, Step R back, Recover forward onto L 7&8&

PART IV. (SIDE TOE STRUT, CROSS TOE STRUT, BEHIND, SIDE, CROSS, SIDE; HEEL, STEP, CROSS, SIDE, HEEL, 1/4 TURN L, PIVOT 1/2 TURN L)

- 1&2& Touch R toe to R, Step down on R, Touch L toe across R, Step down on L.
- 3&4& Step R behind L, Step L to L, Step R across L, Step L to L
- 5&6& Touch R heel to R, Step down on R, Step L across R, Step R to R
- Touch L heel to L, Make 1/4 Turn L onto L (9:00), Step R forward, Pivot 1/2 Turn L onto L 7&8& (3:00)

BEGIN DANCE.

Contact ~ Email: dancewithira@comcast.net

Last Update - 10th May 2016





Wall: 4