Rock And Roll Shoes

Count: 48 **Wall:** 4 **Level:** High Beginner
Choreographer: Michele Burton (USA) & Michael Barr (USA) - January 2016
Music: Hang Up My Rock & Roll Shoes - Chuck Willis : (CD: 60 Doo Wop Rock and Bobby Socks)

#16 ct. intro

[1 – 8]☐HEEL SLAP HEEL SLAP, JAZZ BOX

1 - 4	Touch R heel forward; Roll weight onto R; Touch L heel forward; Roll weight onto L
5 - 8	Cross R over L; Step L back; Step R to right; Step L forward

[9 – 16]☐STOMP SWIVEL SWIVEL SWIVEL, TWIST IN PLACE

1 - 4	Stomp R forward with toes turned in left; Swivel toes right; Swivel toes left; Swivel toes right
5 - 8	Twist both heels right; Twist both heels left: Twist both heels right; Twist both heels left, weighting L

Styling: slowly lean left and a bit back with the twisting motion

[17-24]☐BEHIND SIDE IN FRONT KICK, BEHIND SIDE IN FRONT TOUCH

1 - 4	Step R behind L; Step L to left; Step R in front of L; Kick L to left diagonal
5 - 8	Step L behind R; Step R to right; Step L in front of R; Touch R beside L, turning R toe inward

[25-32]☐SKATE TOUCH SKATE TOUCH, 1/4 RIGHT, STEP 1/2 PIVOT, STEP

1 - 2	Step R to diagonal right, with skating action (body angled slightly R); Touch L beside R
3 - 4	Step L to diagonal left, with skating action (body angled slightly L); Touch R beside L

Note:☐These skates do not move forward.

5 - 6	Turn 1/4 right, step forward on R; Step L forward -☐☐☐☐☐☐☐3:00
7 - 8	Turn 1/2 right, transferring weight to R; Step L forward ☐-☐☐☐☐☐9:00

[33-40]☐STEP TOGETHER STEP TOUCH, STEP TOGETHER STEP TOUCH

1 - 4	Step R forward to right diagonal; Step L next to R; Step R forward; Touch L beside R
5 - 8	Step L forward to left diagonal; Step R next to L; Step L forward; Touch R beside L

The Temptations Arm Styling: Counts 1-8
With bent arms at the elbows, glide them forward, return, forward, to the right diagonal: counts 1-3
Repeat the same arm action to the left diagonal: counts 5-7 (no arm action on the touch, count 4 & 8)

[41-48]☐CROSS ROCK RETURN STEP CLAP, CROSS ROCK RETURN STEP CLAP

1 - 4	Cross rock R over L (to left diagonal); Return weight to L; Step R to right (square up); Hold - Clap
5 - 8	Cross rock L over R (to right diagonal); Return weight to R; Step L to left (square up); Hold - Clap

Optional Styling for the cross rocks: This will elevate the level of the dance.

1 - 4	(1) Take a small leap onto R foot, bending R knee, leaving L leg extended behind you, R arm extends forward, L arm extends back. (adaptation of 1/2 break) (a more challenging variation). (2) Return weight to L; (3) Step R to right (square up); (4) Hold-Clap
5 - 8	Repeat same action leading with the L foot for counts 5-8

(5) Take a small leap onto L foot, bending L knee, leaving R leg extended behind you. L arm extends forward, R arm extends back. (adaptation of 1/2 break) (a more challenging variation). (6) Return weight to R; (7) Step L to left (square up); (8) Hold-Clap

Let's Dance It Again & Again!

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Last Update – 10th April 2016