

# 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



## [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            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            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              Step left diagonally forward.
- 6,7            Drag right towards left, shimmying shoulder or bumping hips.
- 8              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            Touch right to right side, Make 1/2 turn right stepping right next to left.
- 7,8            Touch left to left side, Step left next to right.