

Mr. R n' Roll

Count: 32

Wall: 4

Level: Newcomer / Novice - Country /
LILT (ECS)



Choreographer: Michal "Dingo" Janák (CZ) - 20 December 2020

Music: Mr Rock & Roll - Amy Macdonald : (Album: This Is The Life, eDeluxe)

Restart: During walls 4 and 8 (After first 16 counts - after Section 2) Tag: After wall 9 (4 counts)

Section 1: R-Rock, Recover, Coaster Step, L-Rock, ¼ L Chassé Left

- 1 - 2 RF step forward, recover weight,
- 3 & 4 RF back on right, LF close RF, RF step forward,
- 5 - 6 LF step forward, ¼ turn L recover weight, (9:00)
- 7 & 8 LF step L, RF close beside LF, LF step L

Section 2: Cross, Back, Chassé R, Cross, Back, Chassé L

- 1 - 2 RF step cross over LF, LF step backwards,
- 3 & 4 RF step R, LF close beside RF, RF step R,
- 5 - 6 LF step cross over RF, RF step backwards,
- 7 & 8 LF step L, RF close beside LF, LF step L,

(Restart walls 4 and 8)

Section 3: Rocking chair, Step turn, Kick ball change

- 1 - 2 RF step forward, LF recover weight,
- 3 & 4 RF step backward, recover weight,
- 5 - 6 RF step forward, ½ Turn L, LF step forward (3:00)
- 7 & 8 RF kick diagonally R, RF step together, LF step in place,

Section 4: 2x (Rock & Heel & Touch)

- 1 - 2 RF step forward, recover weight,
- 3 & 4 & RF step backwards, LF heel touch L, LF step beside RF, RF touch beside LF,
- 5 - 6 RF step forward, recover weight,
- 7 & 8 & RF step backwards, LF heel touch L, LF step beside RF, RF touch beside LF,

Tag : 4 counts - (After 9th wall)

Rock & Heel & Touch

- 1 - 2 RF step forward, recover weight,
- 3 & 4 & RF step backwards, LF heel touch L, LF step beside RF, RF touch beside LF.