

# Rock, Roll And Grind

Count: 32

Wall: 4

Level: Improver

Choreographer: Mark Furnell (UK)

Music: Old Time Rock & Roll - Connie Francis



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## GRAPEVINE RIGHT, ¼ TURN, ¼ TURN, SWEEP ½ TURN, SAILOR CROSS

- 1-2 Step right to right side, cross left behind right  
3-4 Step side on right, touch left to right  
5-6 Step left to side making ¼ turn left, step right to side making ¼ turn left  
&7&8 Sweep left foot round making ½ turn left on right, step left behind right, step side on right and cross left over right

## POINT, HOLD AND CROSS, SIDE, BEHIND SIDE CROSS, POINT, TOUCH

- 1-2 Point right toe out to side, hold  
&3-4 Step down on right foot and cross left over right, step side on right foot  
5&6 Cross left behind right, step side on right and cross left over right  
7-8 Point right to side and touch right toe to left foot

## STEP, TOUCH, CHASSE ¼ TURN, ROCK STEP, COASTER STEP

- 1-2 Step side on right foot, touch left to right  
3&4 Step side on left, close right o left and step left to side making ¼ turn left  
5-6 Rock forward on right back on left  
7&8 Step back on right, close left to right, step forward on right

## HEEL GRIND, HEEL GRIND, ROCK STEP, COASTER STEP

- 1-2 Dig left heel forward and grind heel in an to the left direction  
&3-4 Bring left to right and dig right heel forward and grind heel to the right  
&5-6 Bring right to left and rock forward on to left, back onto right  
7&8 Step back on left, bring right to left, step forward on left

**REPEAT**

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