

Dancin' And Rockin'

Count: 48

Wall: 4

Level: Improver

Choreographer: Barbara R. K. Wallace (CAN)

Music: Your Mama Don't Dance - Loggins & Messina



RIGHT SUGAR FOOT, STEP & CLAP, LEFT SUGAR FOOT, STEP & CLAP

- 1-2 Touch right toe beside instep of left foot, touch right heel beside instep of left foot
- 3-4 Step right foot across in front of left foot, clap
- 5-6 Touch left toe beside instep of right foot, touch left heel beside instep of right foot
- 7-8 Step left foot across in front of right foot, clap

LINDY RIGHT AND LINDY LEFT

- 9&10 Side shuffle right, left, right
- 11-12 Rock back on the left foot, recover on the right
- 13&14 Side shuffle left, right, left
- 15-16 Rock back on the right foot, recover on the left

RIGHT ROCK/RECOVER AND COASTER STEP, LEFT ROCK/RECOVER AND COASTER STEP

- 17-18 Rock forward on the right foot, recover back on the left foot
- 19&20 Step back on right, step left beside right, step forward on right
- 21-22 Rock forward on the left foot, recover back on the right foot
- 23&24 Step back on left, step right beside left, step forward on left

SHUFFLE FORWARD, ½ TURNING SHUFFLE, ROCK/RECOVER, OUT-OUT, IN-IN

- 25&26 Shuffle forward right, left, right
- 27&28 Shuffle left, right, left as you make a half turn to the right
- 29-30 Rock back on the right, recover forward on the left
- &31 Small step out to the right, small step out to the left
- &32 Small step in on the right, small step in on the left

DIAGONAL SYNCOPATED STEPS RIGHT AND LEFT

- 33-34& Step forward to right diagonal on right foot, hold and clap, step left beside right
- 35-36 Step forward to right diagonal again, hold and clap
- 37-38& Step forward to left diagonal on left foot, hold and clap, step right beside left
- 39-40 Step forward to left diagonal again, hold and clap

ONE SATIN SHEET

- 41-42 Rock back right, recover forward on the left as you make a ¼ turn left
- 43-44 Step side right, step left foot behind (first two steps of a vine)
- 45-46 Rock side right, recover left
- 47-48 Cross right in front of left, step side left

REPEAT
