

# ROCK, ROLL AND GRIND

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Mark Furnell

**Music:** Old Time Rock & Roll by Connie Francis

## 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