

ROCK ROLL AND GRIND

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Count: 32

Wall: 4

Level: Beginner/Intermediate level

Choreographer: Mark Furnell (Aug 06)

Music: Old Time Rock & Roll by Connie Francis ? From the Greatest Hits Album

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 anti-clockwise direction
- &3-4** Bring left to right and dig right heel forward and grind heel in a clockwise direction
- &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 Have fun with it .