

# Mr. R n' Roll

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**Count:** 32

**Wall:** 4

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

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

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

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

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

**(Restart walls 4 and 8)**

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

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

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

**1 - 2RF step forward, recover weight,**

**3 & 4 &RF step backwards, LF heel touch L, LF step beside RF, RF touch beside LF,**

**5 - 6RF 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 - 2RF step forward, recover weight,**

**3 & 4 &RF step backwards, LF heel touch L, LF step beside RF, RF touch beside LF.**

**4**