

American Rock & Roll

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Helen Owen (UK) & JMK (DE) - March 2018

Music: American Rock And Roll by Kid Rock

Start on vocals

S1 (1-8) RIGHT GRAPEVINE, LEFT GRAPEVINE, 1/4 TURN LEFT

- 1-2 Step right to right side (1) step left behind right (2)
- 3-4 Step right to right side (3) touch left heel forward (4)
- 5-6 Step left to left side (5) step right behind left (6)
- 7-8 Turn 1/4 left stepping on left (9:00) (7) scuff right forward (8)

S2 (9-16) R. ROCK RECOVER, R TOE 1/2 PIVOT, 1/4 R PIVOT TURN, LEFT CROSS

- 1-2 Rock R forward (1), Recover onto L (2)
- 3-4 Touch R toe back (3), 1/2 turn L lowering R heel to floor (3:00) (4)
- 5-6 Step forward L (5) Pivot 1/4 turn R onto R (6:00) (6)
- 7-8 Cross L over (7) Hold (8)

S3 (17-24) KICK R, STEP BACK, KICK L, STEP FORWARD. HEEL TWISTS X2

- 1-2 Kick right forward (1) step back right (2)
- 3-4 Kick left forward (3) step back forward (4)
- 5-6 Twist heels to left side (5) twist heels back to center (6)
- 7-8 Twist heels to left side (7) twist heels back to center (8)

S4 (25-32) LEFT COASTER STEP, HOLD, R SIDE ROCK CROSS.

- 1-2 Step L back (1) step R next to L (2)
- 3-4 Step L forward (3) hold (4)
- 5-6 Rock R to R (5) Recover on L (6)
- 7-8 Cross R over L (7) hold (8)

S5 (33-40) R TURN 3/4, L FWD ROCK, HOLD, R FWD ROCK RECOVER, R BACK ROCK ,HOLD

- 1-2 Turn 3/4 right and step left back (1) turn 1/2 right and step right forward(2)

- 3-4 Rock L forward (3) Hold (4)
5-6 Rock R forward (5) Recover on L (6)
7-8 Rock R back (7) hold (8)

S6 (41-48) L COASTER STEP HOLD, RIGHT FORWARD ROCK, RECOVER, RIGHT BACK ROCK, HOLD

- 1-2 Rock L back (1) step R next to L (2)
3-4 Rock L forward (3) hold (4)
5-6 Rock R forward (5) Recover on L (6)
7-8 Rock R back (7) hold (8)

S7 (49-56) 2 X BACK LOCK STEP HOLD (L,R)

- 1-2 Rock back on left (1) lock right in front of left (2)
3-4 Rock back on left (3) hold (4)
5-6 Rock back on right (5) lock left in front of right (6)
7-8 Rock back on right (7) hold (8)

S8 (57-64) L BACK ROCK, RECOVER, L FWD ROCK, HOLD, R FWD ROCK, HOLD, L FWD ROCK, 1/4 L PIVOT TURN

- 1-2 Rock L back (1) Recover on R (2)
3-4 Rock L forward (3), hold (4)
5-6 Rock R forward (5) hold (6)
7-8 Rock L forward (7), Pivot 1/4 turn R onto L (6:00) (8)

RESTART: WALL 3 + 7

After 28 counts - Side Rock (1&2 rock right foot to right side (1) transfer weight rocking onto left foot (&) close right to left (2))

Enjoy! xx

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