

MR ROCK AND ROLL

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Joe Morris (July 08)

Music: Mr Rock & Roll by Amy MacDonald (CD: This Is The Life)

Right-Cross-Rock-Forward, $\frac{1}{4}$ Turn Right & Right-Side Chasse, Left-Cross-Rock

1-2 cross rock right step back left $\frac{1}{4}$ turn right side chasse cross rock left step back right side chasse left

3&4 $\frac{1}{4}$ turn right, stepping right to the side, step left beside right, step right to side

5-6 Rock left forward over right, recover right back

7&8 Step left to the side, step right beside left, step left to side

Left Full Turn, Right Shuffle Forward, Left Mambo Forward, Slide Back Twice

1-2 forward full turn left. $\frac{1}{2}$ left turn stepping back on right turn $\frac{1}{2}$ turn left stepping left forward

3&4 Step right forward, step left beside right, step right forward

5&6 Rock left forward, recover right back, step left beside right

7-8 Slide straight right back and left

Right Shuffle Back, $\frac{3}{4}$ Turn Left, Left Sailor Step, Right Rock Forward

1&2 Step right back, step left beside right, step right back

3-4 $\frac{1}{2}$ turn left stepping left forward, $\frac{1}{4}$ turn left stepping right to right side

5&6 Cross left behind right, step right to side, step left to side

7-8 Rock right forward, recover left back

Right Rock Back, Right Shuffle Forward, Right Full Turn, Left Shuffle Forward

1-2 Rock right back, recover left forward

3&4 Step right forward, step left beside right, step right forward

5-6 $\frac{1}{2}$ turn right stepping left back, $\frac{1}{2}$ turn right stepping right forward

7&8 Step left forward, step right beside left, step left forward

Repeat

TAG: Done at END of walls 3&6

Right- Lunge Forward, ½ Turn Right, Right Shuffle Forward, ½ Pivot On Left, Left Shuffle Forward, Twice

- 1-2** Lunge right forward, recover left back, ½ turn right
- 3&4** Step right forward, step left beside right, step right forward
- 5-6** Step left forward, ½ turn right
- 7&8** Step left forward, step right beside left, step left forward
- 1-8** Repeat all above

TAG: Done at END of wall 7

Right Rocking Chair

- 1-2** Rock right forward, recover left back
- 3-4** Rock right back recover left forward

ENDING: To finish dance at end of wall 9, repeat tag 1 up to count 13