

Mr. Rock and Roll

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Count: 32

Wall: 4

Level: Improver

Choreographer: Marjorie Barnabas-Shaw (Malaysia) December 2008

Music: Mr. Rock And Roll (112 bpm) by Amy McDonald, Album-This Is The Life

Intro Count : 16 counts on strong beats, start on vocals

A. TOUCH, POINT, STEP, POINT, BACK ROCK & HEEL, RIGHT COASTER.

- 1-2** Touch left toe to side. Point left toe to left side.
- 3-4** Step left beside right. Point right toe to right side.
- 5&6** Cross rock right behind left. Recover onto left. Dig right heel diagonally forward.
- 7&8** Step back right. Step left beside right. Step forward right.

B. LEFT SHUFFLE 1/4 TURN, DIAGONAL SKATE SHUFFLES, STEP, TOUCH.

- 1&2** Step left to left side. Close right beside left. Step 1/4 left on left foot.
- 3&4** Skate diagonally right. Step left beside right. Skate diagonally right.
- 5&6** Skate diagonally left. Step right beside left. Skate diagonally left.
- 7-8** Step forward right. Touch left beside right.

C. SHUFFLE 1/2 TURN LEFT, RIGHT CHASSE, BEHIND SIDE CROSS, SIDE ROCK & CROSS.

- 1&2** Shuffle 1/2 turn left on left-right-left.
- 3&4** Step right to right side. Close left beside right. Step right to right side.
- 5&6** Cross left behind right. Step right to right side. Cross left over right.
- 7&8** Rock side right. Recover onto left. Cross right over left.

D. LEFT CHASSE, ROCK BACK RIGHT & KICK (2x), ROCK BACK RIGHT & STEP SIDE RIGHT.

- 1&2** Step left to left side. Close right beside left. Step left to left side.
- 3&4** Rock back right. Recover onto left. Kick right forward.
- 5&6** Rock back right. Recover onto left. Kick right forward.
- 7&8** Rock back right. Recover onto left. Step side left.

~ * ~ DANCE LIKE YOU HAVE NEVER DANCED BEFORE ~ * ~