

# JAM AND BREAD

LINEDANCE.COM

**Count:** 32

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Roger Steinberg

**Music:** Roly Poly by The Dixie Chicks

## ROCK LEFT OVER AND RIGHT, CHASSIS LEFT, ROCK RIGHT OVER LEFT, SHUFFLE $\frac{1}{4}$ TURN RIGHT

1-2 Rock step left over right, step back on right

3&4 Step left to left, right next to left, left to left

5-6 Rock step right over left, step back on left

**7&8 $\frac{1}{4}$  turn right shuffle right, left, right**

## SIDE BEHIND $\frac{1}{2}$ TURN LEFT, SIDE BEHIND, $\frac{1}{4}$ TURN RIGHT

1-2 Left to left, right behind left,

**3&4 $\frac{1}{2}$  turn shuffle left, right, left**

5-6 Right to right, left behind right

**7&8 $\frac{1}{4}$  turn shuffle right (right, left, right)**

## ROCK FORWARD LEFT AND RIGHT, $\frac{1}{2}$ SHUFFLE TURN LEFT (OR LOCK STEP), $\frac{1}{2}$ TURN LEFT (OR LOCK STEP) RIGHT, LEFT, RIGHT, COASTER STEP

1-2 Rock left forward back on right

**3&4 $\frac{1}{2}$  turn left (left, right, left) or lock step back left, right, left**

**5&6 $\frac{1}{2}$  turn left (right, left, right) or lock step back right, left, right**

7&8 Back on left, right next to left, forward on left

## MONTEREY TURN RIGHT, CHASSIS RIGHT ROCK LEFT OVER RIGHT

1-2 Step right to right, swivel on ball of left

3-4 Step left to left, step left next to right

5&6 Chasse to the right (right, left, right)

7-8 Rock left over right, back on right

## **REPEAT**

**The dance ends on the last beat and instead of rock left, right you can shuffle rock left, right, left and wave your hands.**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=49357](https://www.linedance.com/index.php?f=dance_view&id=49357)