

# Baby Rock'n Roll (+ arms)

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Gabi Beeler (CH) Nov 2013

**Music:** Sea of Cowboy Hats – Chely Wright (BPM 153)

## **Exercise Song: Old Time Rock n'Roll - Creedence Clearwater Revival (BPM 124)**

### **With arm variations for advanced beginners**

#### **[1-8] Heel R, Together, Heel L, Together (2x)**

- 1            Touch right heel forward /Same time snapping fingers with both hands to the right side 1:30
- 2            Step right foot next to left
- 3            Touch left heel forward /Same time snapping fingers with both hands to the left side 10:30
- 4            Step left foot next to right
- 5            Touch right heel forward /Same time snapping fingers with both hands to the right side 1:30
- 6            Step right foot next to left
- 7            Touch left heel forward /Same time snapping fingers with both hands to the left side 10:30
- 8            Step left foot next to right

#### **[9-16] Forward on Heels taking weight, return to place (2x)**

- 1            Step forward onto heel of right (toe off floor)

#### **Right arm diagonal thrust out 1 :30 (Elbow angle of 90 degrees)**

- 2            Step heel of left shoulder width apart from right (toe off floor)

#### **Left arm diagonal thrust out 10:30 (Elbow angle of 90 degrees)**

- 3            Step back on right

#### **Right arm back home**

- 4            Step left next to right

#### **Left arm back home**

- 5            Step forward onto heel of right (toe off floor)

#### **Right arm diagonal thrust out 1 :30 (Elbow angle of 90 degrees)**

- 6            Step heel of left shoulder width apart from right (toe off floor)

### **Left arm diagonal thrust out 10:30 (Elbow angle of 90 degrees)**

7 Step back on right

### **Right arm back home**

8 Step left next to right

### **Left arm back home**

### **[17-24] Rock Forward, Rock Back (Rocking Chair), Step, Pivot half turn Left (x2).**

1, 2 Rock right forward, Recover to left

3, 4 Rock right back, Recover to left

5, 6 Step forward on Right, Pivot half turn Left (Facing 6 o'clock)

7, 8 Step forward on Right, Pivot half turn Left (Facing 12 o'clock)

### **[25-32] Jazz Box, Jazz Box with ¼ Turn Right**

1, 2 Cross right over left, Step left back

3, 4 Step right to side, Step left together

5, 6 Cross right over left Step left back

7, 8 Turn ¼ right and step right forward, Step left together

### **Start again .....**

**Contact: [Scorpion15@bluewin.ch](mailto:Scorpion15@bluewin.ch)**