

# Rock and Roll Music



**Count:** 44      **Wall:** 2      **Level:** Improver

**Choreographer:** Rachael McEnaney-White (UK/USA) June 2016

**Music:** "Rock and Roll Music" – Bryan Adams. Approx 2.34 mins

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**Count In: 8 counts from start of track, dance begins on vocals. Approx 84 bpm**

**[1 – 8] R rocking chair, R shuffle, L rocking chair, L shuffle**

- 1 & 2 &      Rock forward R (1), recover weight L (&), rock back R (2), recover weight L (&) 12.00  
3 & 4      Step forward R (3), step L next to R (&), step forward R (4) 12.00  
5 & 6 &      Rock forward L (5), recover weight R (&), rock back L (6), recover weight R (&) 12.00  
7 & 8      Step forward L (7), step R next to L (&), step forward L (8) 12.00

**[9 – 16] R forward rock, toe strut's back R-L-R, L coaster, R fwd, ¼ turn L, R cross**

- 1 & 2 &      Rock forward R (1), recover weight L (&), touch R toe back (2), drop R heel to floor  
(weight on R) (&) 12.00  
3 & 4 &      Touch L toe back (3), drop L heel to floor (weight L) (&), touch R toe back (4), drop R  
heel to floor (weight on R) (&) 12.00  
5&67&8      Step back L (5), step R next to L (&), step forward L (6), step forward R (7), pivot ¼  
turn left (&), cross R over L (8) 9.00

**[17 – 24] L side, R touch, R side, L touch, L side-close-fwd, R side, L touch, L side, R touch, R side-close-back**

- 1 & 2 &      Step L to left side (1), touch R next to L (&), step R to right side (2), touch L next to R  
(&) 9.00  
3 & 4      Step L to left side (3), step R next to L (&), step forward L (4) 9.00  
5 & 6 &      Step R to right side (5), touch L next to R (&), step L to left side (6), touch R next to L  
(&) 9.00  
7 & 8      Step R to right side (7), step L next to R (&), step back R (8) 9.00

**[25 – 28] L coaster step, step 'out-out' R-L, hip bumps L-R-L**

- 1&2&3      Step back L (1), step R next to L (&), step forward L (2), step R to right side (&), step L  
to L side (3) 9.00  
& 4 &      Bump hips left (&), bump hips right (4), bump hips left (&) 9.00

**[29 – 36] R kick, R close, L kick, R close, R point, R close, L point, R close, R fwd mambo, L back mambo**

- 1 & 2 &      Kick R forward (1), step R next to L (&), kick L forward (2), step L next to R (&) 9.00  
3 & 4 &      Point R to right side (3), step R next to L (&), point L to left side (4), step L next to R  
(&) 9.00  
5&67&8      Rock forward R (5), recover weight L (&), step R next to L (6), rock back L (7), recover  
weight R (&), step L next to R (8) 9.00

**[37 – 44] R mambo ½ turn R, L fwd, ¼ turn R, L cross, R grapevine, big step L, R touch in-out-**

**in**

- 1 & 2      Rock forward R (1), recover weight L (&), make  $\frac{1}{2}$  turn right stepping forward R (2) 3.00
- 3 & 4      Step forward L (3), pivot  $\frac{1}{4}$  turn right (&), cross L over R (4) 6.00
- 5 & 6 &      Step R to right side (5), cross L behind R (&), step R to right side (6), touch L next to R (&) 6.00
- 7 & 8 &      Take big step L to left side (7), touch R next to L (&), touch R to right side (8), touch R next to L (&) 6.00

### **START AGAIN - HAPPY DANCING**

**Ending: The dance ends during the 5th wall which starts facing 12.00**

**Dance up to count 27 – which will have you facing 9.00, you have just done the L coaster step (1&2), out-out (R-L) (&3)**

**For a nice ending, make  $\frac{1}{4}$  turn to right stepping in place R (4), L (&), R (5) 12.00**