

Sweet Rock and Roll



Choreographed by: Craig Bennett (UK) March 2013
Music: **B.G.M.O.S.R.N.R.** by **J D McPherson** (CD: Signs and Signifiers)
Type: 4 wall, 48 counts
Level: Improver

[1 – 8] ROCK RECOVER, SHUFFLE BACK, ROCK RECOVER, SHUFFLE FORWARD

1 – 2 Rock forward on right, recover back onto left.
3 & 4 Step back on right, step left next to right, step back on right.
5 – 6 Rock back on left, recover forward onto right.
7 & 8 Step forward onto left, step right next to left, step forward onto left.

[9 – 16] STEP ¼, CROSS SHUFFLE, ROCK RECOVER, CROSS SHUFFLE

1 – 2 Step forward on right, pivot ¼ turn left. [9:00]
3 & 4 Cross right over left, step left to left side, cross right over left.
5 – 6 Rock left to left side, recover onto right.
7 & 8 Cross left over right, step right to right side, cross left over right.

[17 – 24] SIDE BEHIND, ¼ SHUFFLE TURN, ROCK RECOVER, COASTER STEP

1 – 2 Step right to right side, step left behind right.
3 & 4 Step right ¼ turn right, step left next to right, step forward onto right. [12:00]
5 – 6 Rock forward on left, recover back onto right.
7 & 8 Step back onto left, step right next to left, step forward on left.

[25 – 32] STEP ½ TURN, RIGHT SHUFFLE FORWARD, ROCK RECOVER, COASTER STEP

1 – 2 Step forward on right, pivot ½ turn left. [6:00]
3 & 4 Step forward on right, step left next to right, step forward on right.
5 – 6 Rock forward on left, recover back onto right.
7 & 8 Step back on left, step right next to left, step forward on left.

[33 – 40] STEP DRAG WITH SHOULDER SHIMMY OR HIP BUMPS, TOUCH AND CLAP, REPEAT

1 Step right diagonally forward.
2 – 3 Drag left towards right, shimmying shoulder or bumping hips.
4 Touch left next to right, clap hands together.
5 Step left diagonally forward.
6 – 7 Drag right towards left, shimmying shoulder or bumping hips.
8 Touch left toe next to right, clap hands together.

[41 – 48] MONTEREY ¼ TURN RIGHT, MONTEREY ½ TURN RIGHT

1 – 2 Touch right toe to right side, make ¼ turn right stepping right next to left. [9:00]
3 – 4 Touch left toe to left side, step left next to right.
5 – 6 Touch right to right side, make ½ turn right stepping right next to left. [3:00]
7 – 8 Touch left to left side, step left next to right.

Start Again!