



SWEET ROCK AND ROLL

Choreographed by: Craig Bennett (United Kingdom)

Music: **B.G.M.O.S.R.N.R** by **J D McPherson** [CD: Signs And Signiflers]

Descriptions: 48 count, 4 wall, Beginner/Intermediate level line dance

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 1/4, Cross Shuffle, Rock Recover, Cross Shuffle

- 1,2 Step forward on right, Pivot 1/4 turn left.
- 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, 1/4 Shuffle Turn, Rock Recover, Coaster Step

- 1,2 Step right to right side, Step left behind right.
- 3&4 Step right 1/4 turn right, Step left next to right, Step forward onto right.
- 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 1/2 Turn, Right Shuffle Forward, Rock Recover, Coaster Step

- 1,2 Step forward on right, Pivot 1/2 turn left.
- 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 1/4 Turn Right, Monterey 1/2 Turn Right

- 1,2 Touch right toe to right side, Make 1/4 turn right stepping right next to left.
- 3,4 Touch left toe to left side, Step left next to right.
- 5,6 Touch right to right side, Make 1/2 turn right stepping right next to left.
- 7,8 Touch left to left side, Step left next to right