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Jam and Bread

32 count, 2 wall, beginner/intermediate level
Choreographer: Roger Steinberg (UK) Jan 02
Choreographed to: Roly Poly by Dixie Chicks on Asleep at
the Wheel BPM:120; Me and Bobby McGee by Roger Miller
(King Of The Road Album) slow

ROCK LEFT OVER AND RIGHT, CHASSIS LEFT, ROCK RIGHT OVER LEFT, SHUFFLE 1/4 TURN RIGHT

1-2 Rock step L over R, step back on R
3&4 Step L to left, R next to left, L to left
5-6 Rock step R over L, step back on L
7&8 1/4 turn right shuffle R,L,R

SIDE BEHIND 1/2 TURN LEFT, SIDE BEHIND, 1/4 TURN RIGHT

1-2 L to L, R behind L,
3&4 1/2 turn shuffle L,R,L
5-6 R to R, L behind R
7&8 1/4 turn shuffle right R,L,R

ROCK FORWARD L AND R, 1/2 SHUFFLE TURN LEFT (OR LOCK STEP), 1/2 TURN LEFT (OR LOCK STEP) R,L,R, COASTER STEP

1-2 Rock left forward back on R
3&4 1/2 turn left L,R,L or Lock step back L,R,L
5&6 1/2 turn left R,L,R or Lock step Back R,L,R
7&8 Back on L, R next to L, forward on L

MONTEREY TURN RIGHT, CHASSIS RIGHT ROCK LEFT OVER RIGHT

1-2 Step Right to right, swivel on ball of Left
3-4 Step L to left, step L next to R
5&6 Chassis to the right R,L,R
7-8 Rock L over R, back on R

REPEAT

The dance ends on the last beat and instead of Rock L, R you can shuffle Rock L,R,L and wave your hands
