

Little R&R

64 Count, 4 Wall, Improver

Choreographer: Rob Fowler (Feb 2012)

Choreographed to: Little Bit Of Rock N Roll by
Johnathon East, CD: One Horse Town (bpm 180)

Intro : start on main vocals

S1 Grapevine Right, Side Step, Touch, Side Step, Touch

1-2 Step Right to Right Side, Step Left Behind Right,
3-4 Step Right to Right Side, Touch Left next to Right
5-6 Step Left to Left Side, Touch Right next to Left,
7-8 Step Right to Right Side, Touch Left next to Right(12:00)

S2 Grapevine Left ¼ turn, Touch Forward, Clap, Touch Back, Clap

1-2 Step Left to Left Side, Step Right Behind,
3-4 Make ¼ turn Left onto Left, Brush Right (9:00)
5-8 Touch Right Heel Forward, Clap, Touch Right Toe Back, Clap

S3 Touch Right Forward, Side, Behind, Step Right to Right Side, Touch Left Behind Right, Step Left to Left Side, Stomp Right Twice

1-2 Touch Right Toe Forward, Touch right to Right Side,
3-4 Touch Right behind Left, Step Right to Right Side
5-6 Touch Left Behind Right, Step Left To Left Side,
7-8 Stomp Right Next to Left Twice (9:00)

S4 Stomp Right to Right Side, Hold 3 Counts, Hip Rolls Anti Clockwise twice

1-4 Stomp Right to Right Side, Hold for 3 Counts
5-8 Hip Rolls Anti Clockwise (Left, Right) Repeat Again

(RESTART DANCE ON WALL 4)**S5 ¼ Turn Left, Chorus line Heel touches Left
(Moving Towards 6.00 Playing air guitar Facing 9:00)**

1 Making ¼ turn Left on ball of Left touching Right heel Diagonally forward Right(7:30),
2 Step Right next to Left
3-4 Touch Left heel Forward, Step Slightly forward Left,(6:00)
5-6 Touch Right heel Diagonally forward Right, (7:30), Step Right next to Left
7-8 Touch Left heel Forward, Step Slightly forward Left,(6:00)

S6 Rock Step ¼ Turn Weave Right

1-2 Rock Right over Left, Recover onto Left making ¼ turn Right,
3-4 Step Right to Right Side, Cross Left over Right
5-6 Step Right to Right Side, Cross Left behind Right,
7-8 Step Right to Right side, Cross Left over Right

S7 Rumba Box Back, Rumba Box Forward

1-4 Step Right to Right Side, Step Left next to Right, Step back on Right, Hold
5-8 Step Left to Left Side, Step Right next to Left, Step Forward on Left, Hold

S8 Rock Step, ½ Turn Right, Hold, Step Left , ½ pivot Turn Right, Step Forward Left, Brush Right

1-4 Rock Forward Right, Recover Back on Left, Make ½ Turn Right Stepping forward Right, Hold
5-8 Step Forward Left, make 1/2 pivot Turn Right, Step Forward left, Brush Right

Music download available from iTunes
