

Mr Rock & Roll

Phrased, 4 wall, intermediate level

Choreographer: Joy Ashton (UK) Aug 2007

Choreographed to: Mr Rock & Roll by Amy Macdonald (108 bpm)

Intro 48 Counts (26sec) Start on the Vocals

Sequence: AAA B, AAA B, A tag AAB

Section A

Section 1 Cross Side, Sailor Step, Behind Unwind 3/4 Right, Rock/Recover

- 1 – 2 Cross step left over right. Step right to right side.
- 3 & 4 Cross left behind right. Step right to right side. Step left in place.
- 5 – 6 Cross right behind left. Unwind 3/4 turning right. (WOR).
- 7 – 8 Rock forward on the left. Recover onto right

Section 2 Back Left Shuffle, Touch Behind 1/2 turn Right, Reverse 1/2 Pivot*, Rock/Recover

- 1 & 2 Step back left. Close right beside left. Step back left.
- 3 – 4 Touch right toe back. 1/2 pivot right transferring weight to right.
- 5 – 6 Step forward on Left. Pivot 1/2 turn right (*end weight back on Left foot)
- 7 – 8 Rock back on the right. Recover onto left

Section 3 Sweep 1/4 Left, Touch, Side Behind ball Cross, Side Behind ball Cross.

- 1 – 2 Make 1/4 turn left sweeping right toe. Touch right toe beside left.
- 3 4 & 5 Step right to right side. Cross left behind right. Step right to right side. Cross step left over right.
- 6 7 & 8 Step right to right side. Cross left behind right. Step right to right side. Cross step left over right.

Section 4 Side Rock 1/4 turn, Right Shuffle, Left Shuffle, Step Touch

- 1 – 2 Rock right to right side. Recover on left making 1/4 turn left
- 3 & 4 Step forward right. Close left beside right. Step forward right.
- 5 & 6 Step forward left. Close right beside left. Step forward left.
- 7 – 8 Step forward right. Touch left toe beside right

TAG (at the end of Section A 7th time only)

1 X Rocking Chair

- 1 – 2 Rock forward on left foot. Recover on right.
- 3 – 4 Rock back on left foot. Recover on right.

Section B

Guitar riff each time

Section 1 Syncopated Rocks, Behind Side Cross. Syncopated Rocks, Behind Side Cross

- 1 & 2 & Rock forward on left foot. Recover on right. Rock left to left side. Recover on right
- 3 & 4 Cross left behind right. Step right to right side. Cross step left over right.
- 5 & 6 & Rock forward on right foot. Recover on Left. Rock right to right side. Recover on left
- 7 & 8 Cross right behind left. Step left to left side. Cross step right over left.

Section 2 Side Rock 1/4 turn, Left Shuffle, Step 1/4 Step 1/2, Right Shuffle

- 1 – 2 Rock left to left side. Recover onto right making 1/4 turn right
- 3 & 4 Step forward left. Close right beside left. Step forward left.
- 5 – 6 Step right to right side making 1/4 turn left. Hinge 1/2 turn left stepping on left
- 7 & 8 Step forward right. Close left beside right. Step forward right.