

Frank And Lola

32 Count, 4 Wall, Beginner

Choreographer Roger Neff (US) March 2015

Choreographed to: Frank and Lola by Jimmy Buffet

Intro: 32 counts

- [1-8] Chassé to R, Back Rock, Chasé to L, Back Rock**
1&2,3-4 Step to R, Step L beside R, Step to R, Rock back on L, Recover on R
5&6,7-8 Step to L, Step R beside L, Step to L, Rock back on R, Recover on L
- [9-16] R Lock Steps Fwd, Scuff, L Lock Steps Fwd, Scuff**
1-2-3-4 Step fwd on R, Lock L behind R, Step fwd on R, Scuff L
5-6-7-8 Step fwd on L, Lock R behind L, Step fwd on L, Scuff R
- [17-24] Jazz Box with Cross, Side Touches**
1-2-3-4 Step R over L, Step back on L, Step to R, Step L over R
5-6-7-8 Step to R, Touch L beside R, Step to L, Touch R beside L
- [25-32] Step Fwd on R, Hold, Turn ¼ to L and Step on L, Hold, Swivel Inward Toes, Heels, Toes, Heel Bounce**
1-2-3-4 Step fwd on R, Hold, turn ¼ to L and step on L, Hold
5-6-7-8 Swivel toes inward, Swivel Heels inward, Swivel Toes inward, Bounce heels

**RESTART: At the end of the 8th rotation there is a Restart at the end of 24 counts.
You will be facing 3:00.**