



Rock and Roll Music

Choreographed by Rachael McEnaney-White (UK/USA) (June 2016)

www.dancewithrachael.com - dancewithrachael@gmail.com

Tel: +1 407-538-1533 - +44 7968181933



Description:	44 Counts, 2 wall, Improver level line dance
Music:	"Rock and Roll Music" – Bryan Adams. Approx 2.34 mins
Count In:	8 counts from start of track, dance begins on vocals. Approx 84 bpm
Notes:	
Video:	https://www.youtube.com/watch?v=fRj6LwV3lxU

Section	Footwork	End Facing
1 – 8	R rocking chair, R shuffle, L rocking chair, L shuffle	
1 & 2 &	Rock forward R (1), recover weight L (&), rock back R (2), recover weight L (&)	12.00
3 & 4	Step forward R (3), step L next to R (&), step forward R (4)	12.00
5 & 6 &	Rock forward L (5), recover weight R (&), rock back L (6), recover weight R (&)	12.00
7 & 8	Step forward L (7), step R next to L (&), step forward L (8)	12.00
9 – 16	R forward rock, toe strut's back R-L-R, L coaster, R fwd, ¼ turn L, R cross	
1 & 2 &	Rock forward R (1), recover weight L (&), touch R toe back (2), drop R heel to floor (weight on R) (&)	12.00
3 & 4 &	Touch L toe back (3), drop L heel to floor (weight L) (&), touch R toe back (4), drop R heel to floor (weight on R) (&)	12.00
5&6&7&8	Step back L (5), step R next to L (&), step forward L (6), step forward R (7), pivot ¼ turn left (&), cross R over L (8)	9.00
17 – 24	L side, R touch, R side, L touch, L side-close-fwd, R side, L touch, L side, R touch, R side-close-back	
1 & 2 &	Step L to left side (1), touch R next to L (&), step R to right side (2), touch L next to R (&)	9.00
3 & 4	Step L to left side (3), step R next to L (&), step forward L (4)	9.00
5 & 6 &	Step R to right side (5), touch L next to R (&), step L to left side (6), touch R next to L (&)	9.00
7 & 8	Step R to right side (7), step L next to R (&), step back R (8)	9.00
25 - 28	L coaster step, step 'out-out' R-L, hip bumps L-R-L	
1&2&3	Step back L (1), step R next to L (&), step forward L (2), step R to right side (&), step L to L side (3)	9.00
& 4 &	Bump hips left (&), bump hips right (4), bump hips left (&)	9.00
29 - 36	R kick, R close, L kick, R close, R point, R close, L point, R close, R fwd mambo, L back mambo	
1 & 2 &	Kick R forward (1), step R next to L (&), kick L forward (2), step L next to R (&)	9.00
3 & 4 &	Point R to right side (3), step R next to L (&), point L to left side (4), step L next to R (&)	9.00
5&6&7&8	Rock forward R (5), recover weight L (&), step R next to L (6), rock back L (7), recover weight R (&), step L next to R (8)	9.00
37 - 44	R mambo ½ turn R, L fwd, ¼ turn R, L cross, R grapevine, big step L, R touch in-out-in	
1 & 2	Rock forward R (1), recover weight L (&), make ½ turn right stepping forward R (2)	3.00
3 & 4	Step forward L (3), pivot ¼ turn right (&), cross L over R (4)	6.00
5 & 6 &	Step R to right side (5), cross L behind R (&), step R to right side (6), touch L next to R (&)	6.00
7 & 8 &	Take big step L to left side (7), touch R next to L (&), touch R to right side (8), touch R next to L (&)	6.00
Ending: The dance ends during the 5th wall which starts facing 12.00		
Dance up to count 27 – which will have you facing 9.00, you have just done the L coaster step (1&2), out-out (R-L) (&3)		
For a nice ending, make ¼ turn to right stepping in place R (4), L (&), R (5)		12.00

START AGAIN - HAPPY DANCING ☺