

# Rock Roll And Grind

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**Count:** 32

**Wall:** 4

**Level:** Beginner/Intermediate level

**Choreographer:** Mark Furnell (UK) - August 2006

**Music:** Old Time Rock & Roll - Connie Francis : (Album: Greatest Hits)

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Grapevine right,  $\frac{1}{4}$  turn,  $\frac{1}{4}$  turn, sweep  $\frac{1}{2}$  turn, Sailor cross 1-2      Step right to right side, cross left  
behind right 3-4      Step side on right, touch left to right. 5-6      Step left to side making  $\frac{1}{4}$  turn left, step  
right to side making  $\frac{1}{4}$  turn left &7&8      Sweep left foot round making  $\frac{1}{2}$  turn left on right, step left  
behind right, step side on right and cross left over right. Point, Hold and Cross, Side, Behind side cross,  
point, touch 1-2      Point right toe out to side, hold &3-4 Step down on right foot and cross left over  
right, step side on right foot 5&6      Cross left behind right, step side on right and cross left over right 7-8  
Point right to side and touch right toe to left foot. Step, Touch, Chasse  $\frac{1}{4}$  turn, Rock step, Coaster  
step 1-2      Step side on right foot, touch left to right. 3&4      Step side on left, close right o left and  
step left to side making  $\frac{1}{4}$  turn left. 5-6      Rock forward on right back on left. 7&8      Step back on  
right, close left to right, step forward on right. Heel grind, Heel grind, Rock step, Coaster step 1-2  
Dig left heel forward and grind heel in an anti-clockwise direction &3-4      Bring left to right and dig  
right heel forward and grind heel in a clockwise direction &5-6      Bring right to left and rock forward on  
to left, back onto right 7&8      Step back on left, bring right to left, step forward on left Have fun with it .