

ROCK AND ROLL HEART

Musique : Country girl with a rock and roll heart
Jayne Denham

Chorégraphed by Amandine Cristofol (France) 08/2011
Level : Débutant 32 counts, 4walls + 1 restart



Intro of 4 counts

<http://amandine-cristofol.wifeo.com/>

1 – 8 Toe strut, toe strut, out out, in in x2

1 – 2 right forward on ball, drop right heel
3 – 4 left forward on ball, drop left heel
& 5 right to right, left to left (feet slightly appart)
& 6 step right IN, step left next to right
& 7 right to right, left to left (feet slightly appart)
& 8 step right IN, step left next to right

9 – 16 Step ½ turn x2, jazz box cross

1 – 2 step right forward turn ½ left
3 – 4 step right forward turn ½ left

Restart here on 10th wall

5 – 6 right cross over left, left step back
7 – 8 right to right side, left cross over right

17 – 24 Shuffle on the right, rock step back, touch ½ turn, touch ½ turn

1 & 2 shuffle right R, L, R
3 – 4 left rock step back, recover on right
5 – 6 ½ turn right, point back left,
7 – 8 ½ turn right, point forward right

25 – 32 Rock step, coaster step, step ¼ turn, syncopated forward, back

1 – 2 left rock step forward, recover on right
3 & 4 left step back, right next to left, left step forward
5 – 6 step right forward turn ¼ left
& 7 & 8 small step right forward, step left together
small step right back, step left together

Tag : befor the 5th wall,

1 – 2 right step forward, touch left next to right
& 3 – 4 left step back, right kick, right stomp up next to left

Start again with smile !