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Sweet Rock and Roll

48 Count, 4 Wall, Improver
Choreographer: Craig Bennett (UK) Mar 2013
Choreographed to: B.G.M.O.S.R.N.R. by J D McPherson,
Album - Signs and Signiflers

1-8 Rock Recover, Shuffle Back, Rock Recover, Shuffle Forward
1,2 Rock forward on right, Recover back onto left.
3&4 Step back on right, Step left next to right, Step back on right.
5,6 Rock back on left, Recover forward onto right.
7&8 Step forward onto left, Step right next to left, Step forward onto left

9-16 Step 1/4, Cross Shuffle, Rock Recover, Cross Shuffle
1,2 Step forward on right, Pivot 1/4 turn left.
3&4 Cross right over left, Step left to left side, Cross right over left.
5,6 Rock left to left side, Recover onto right.
7&8 Cross left over right, Step right to right side, Cross left over right.

17-24 Side Behind, 1/4 Shuffle Turn, Rock Recover, Coaster Step
1,2 Step right to right side, Step left behind right.
3&4 Ste right 1/4 turn right, Step left next to right, Step forward onto right.
5,6 Rock forward on left, Recover back onto right.
7&8 Step back onto left, Step right next to left, Step forward on left.

25-32 Step 1/2 Turn, Right Shuffle Forward, Rock Recover, Coaster Step
1,2 Step forward on right, Pivot 1/2 turn left.
3&4 Step forward on right, Step left next to right, Step forward on right.
5,6 Rock forward on left, Recover back onto right.
7&8 Step back on left, Step right next to left, Step forward on left.

33-40 Step Drag with Shoulder Shimmy or Hip Bumps, Touch and Clap, Repeat
1 Step right diagonally forward.
2,3 Drag left towards right, shimmying shoulder or bumping hips.
4 Touch left next to right, Clap hands together.
5 Step left diagonally forward.
6,7 Drag right towards left, shimmying shoulder or bumping hips.
8 Touch left toe next to right, Clap hands together.

41-48 Monterey 1/4 Turn Right, Monterey 1/2 Turn Right
1,2 Touch right toe to right side, Make 1/4 turn right stepping right next to left.
3,4 Touch left toe to left side, Step left next to right.
5,6 Touch right to right side, Make 1/2 turn right stepping right next to left.
7,8 Touch left to left side, Step left next to right.

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