



# Sweet Rock and Roll

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**Count:** 48      **Wall:** 4      **Level:** Improver  
**Choreographer:** Craig Bennett (UK) March 2013  
**Music:** B.G.M.O.S.R.N.R. by J D McPherson. Album: Signs and Signifiers

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**Intro: 16 Count/8 Secs (Start on Main Vocals)**

**[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.

Enjoy

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