

ROCK 'n' ROLL

Rhythm: 4/4 time. slow-slow-quick-quick (2 beats for slow, 1 beat for Quick).

Tempo: 40 BPM

Music : Dance and Sing to Jesus - Latin

(download music from www.matthew5sixteen.com or order CD fax 65 63771981)

(download dance steps for solo or partner dancing from www.danceandsingtoJesus.com)

Dance and Sing to Jesus solo or partner basic Rock 'n' Roll

Toe struts, back rock x 2

- 1 2 R tap on ball, heel down (R toe strut)
- 3 4 L tap on ball, heel down (L toe strut)
- 5 6 R back rock – RF cross behind L, replace weight onto LF
repeat

½ turns

- 1 2 R toe strut (1/2 turn R face 6:00)
- 3 4 L toe strut
- 5 6 R back rock

- 1 2 R toe strut (1/2 turn L, face 12:00)
- 3 4 L toe strut
- 5 6 R back rock

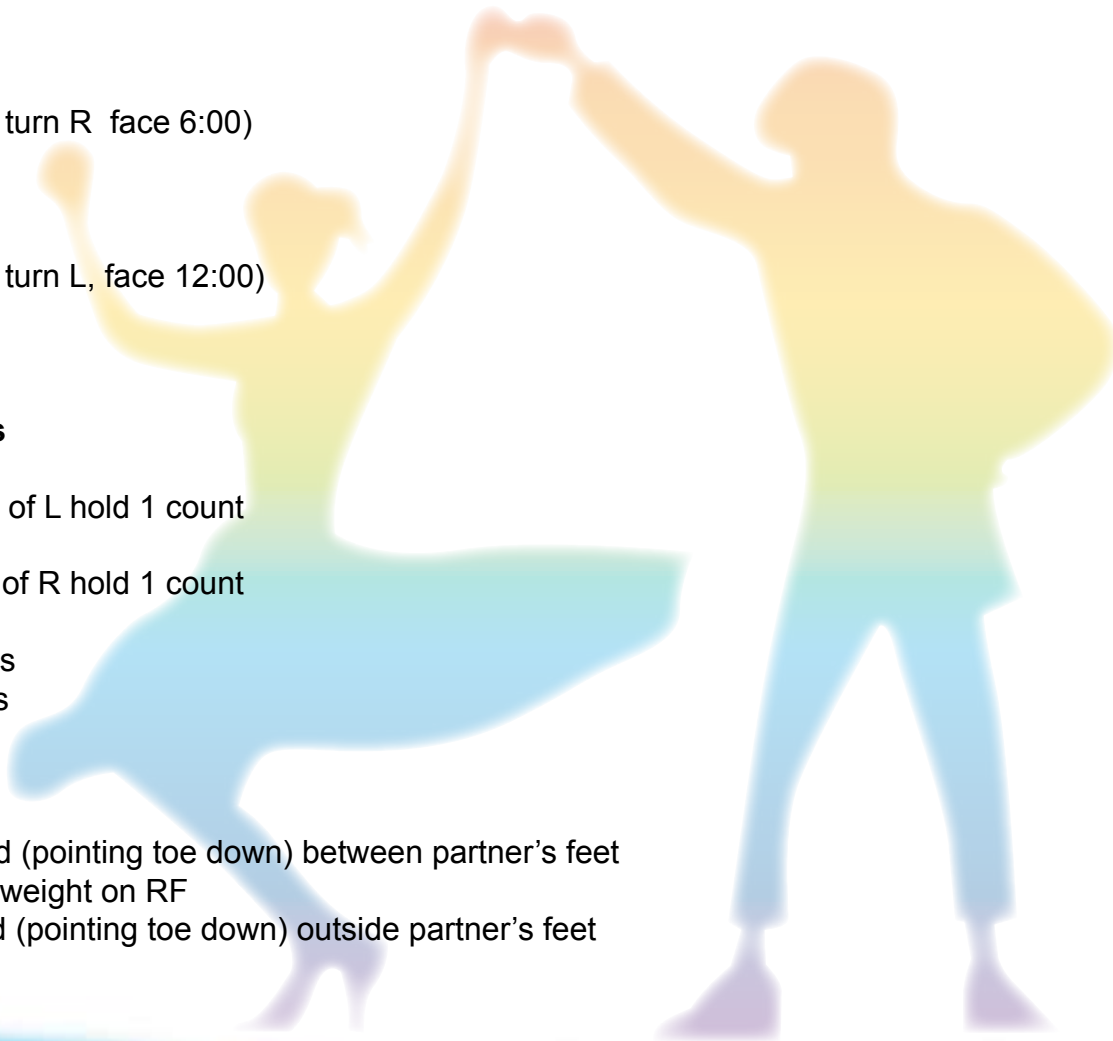
Toe heel cross

- 1 2 R toe heel
- 3-4 R cross in front of L hold 1 count
- 5 6 L toe heel
- 7-8 L cross in front of R hold 1 count

- 1 2 3 R toe heel cross
- 4 5 6 L toe heel cross
- 7 8 R back rock

Kick steps

- 1 Kick RF forward (pointing toe down) between partner's feet
- 2 RF step down, weight on RF
- 3 Kick LF forward (pointing toe down) outside partner's feet



- 4 LF step down, weight on LF
 5 Kick RF forward (pointing toe down) between partner's feet
 6 RF step down, weight on RF
 7 Kick LF forward (pointing toe down) outside partner's feet
 8 LF step down, weight on LF\

R L Toe Struts (1/4 L x 4)

- 12 34 R toe strut, L toe strut 9:00
 56 78 R toe strut, L toe strut 6:00
 12 34 R toe strut, L toe strut 3:00
 56 78 R toe strut, L toe strut 12:00

Side Swivels

- 1-2 (Slow) Swivel R
 3-4 (Slow) Swivel L
 5 6 (Quick Quick) Swivel R L
 7-8 (Slow) Swivel R (partner dancing end 7 8 (QQ) Swivel R L. Start again)

Reverse Footwork

- Toe struts, back rock x 2
 1 2 L tap on ball, heel down (L toe strut)
 3 4 R tap on ball, heel down (R toe strut)
 5 6 L back rock – LF cross behind R, replace weight onto RF
 repeat

1/2 turns

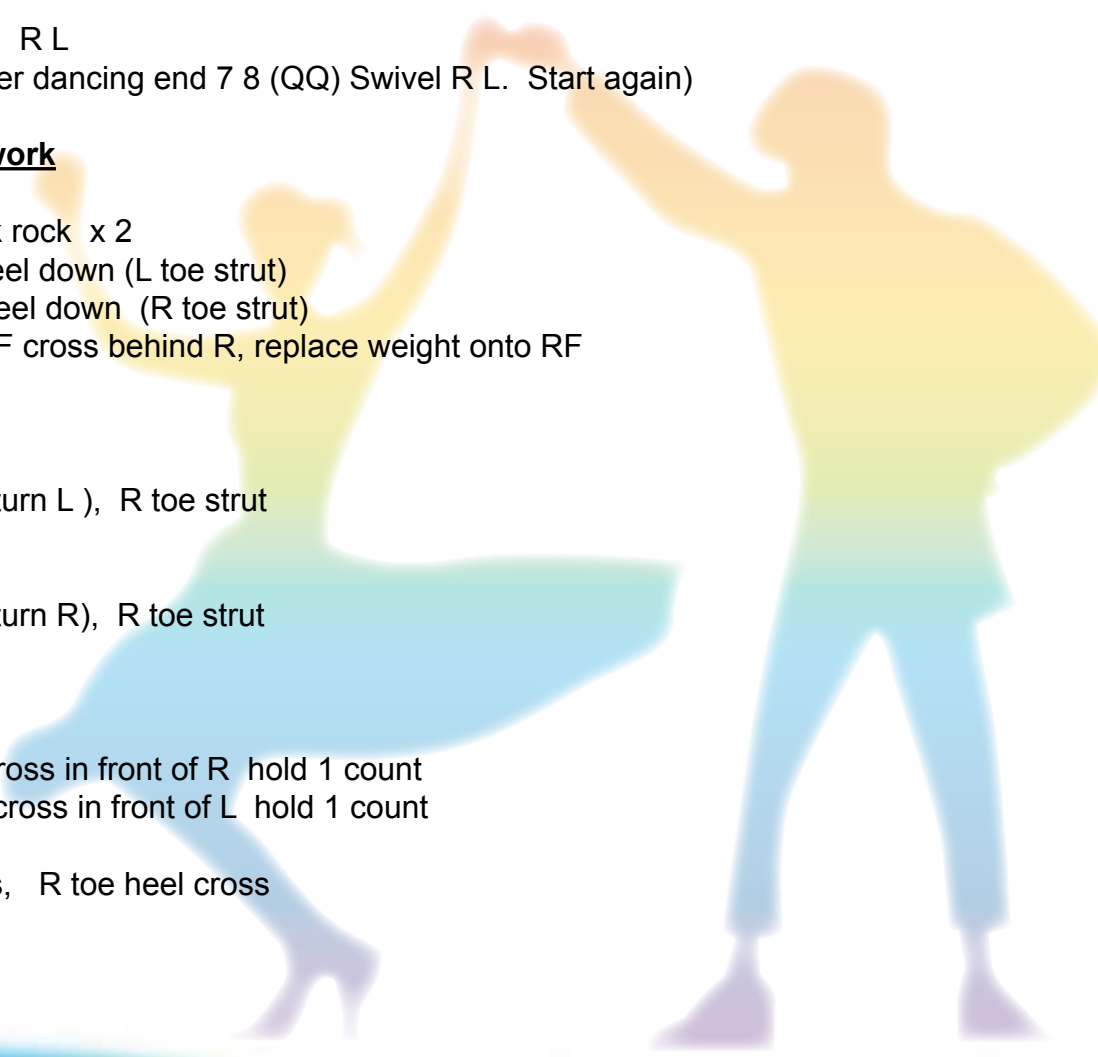
- 12, 34 L toe strut (1/2 turn L), R toe strut
 5 6 L back rock

- 12, 34 L toe strut (1/2 turn R), R toe strut
 5 6 L back rock

Toe heel cross

- 1 2, 3-4 L toe heel, L cross in front of R hold 1 count
 5 6, 7-8 R toe heel, R cross in front of L hold 1 count

- 123, 456 L toe heel cross, R toe heel cross
 7 8 L back rock



Kick steps

- 1 Kick LF forward (pointing toe down) outside partner's feet
- 2 LF step down
- 3 Kick RF forward (pointing toe down) between partner's feet
- 4 RF step down
- 5 Kick LF forward (pointing toe down) outside partner's feet
- 6 LF step down
- 7 Kick RF forward (pointing toe down) between partner's feet
- 8 RF step down

L R Toe Struts (1/4 L x 4)

- 12 34 L toe strut, R toe strut 9:00
- 56 78 L toe strut, R toe strut 6:00
- 12 34 L toe strut, R toe strut 3:00
- 56 78 L toe strut, R toe strut 12:00

Side Swivels

- 1-2, 3-4 (S S) Swivel L, R
- 5 6 (Quick Quick) Swivel L R
- 7-8 (slow) Swivel L (partner dancing end 7 8 (QQ) Swivel L R. Start again)

Start again

