

# SMART 2 DANCE PROMOTIONS

## Rock, Roll and Grind

Track - Old Time Rock & Roll by Connie Francis – From the Greatest Hits Album

Choreographer – Mark Furnell (Aug 2006)

Level - 4 Wall Beginners/ Improver Linedance

### Grapevine right, ¼ turn, ¼ turn, sweep ½ 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 ¼ turn left, step right to side making ¼ turn left  
&7&8 Sweep left foot round making ½ 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 ¼ 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 ¼ 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 .....

Tel numbers 07932641590

Email. [smart2dance@aol.com](mailto:smart2dance@aol.com)