

# ... R & R ...

Choreographer: Bev Carpenter gottadance@rtcol.com 7/09

Difficulty: 32ct. - 4 wall EASY intermediate

Music: Old Time Rock & Roll by Bob Segers - country/rock

## BUMPS FWD - 1/2 - HOOK - 1/4 Turn

1&2-3&4 Step rt. fwd w/ bumps r-l-r (1&2)- Step Lf. fwd bump l-r-l(3&4)  
(for show, may use fists in front and rotate or pull like rope)

5-6-7-8 Rt. Step fwd(5)- make 1/2 turn Lf. (6)- Hook Rt. toe behind Lf.  
Heel(7)- pivot 1/4 turn Lf.(8)... 3:00

## TRIPLE ROCK - KICK BALL CROSSES(2)

1&2,3-4 Triple step Rt. w/r-l-r(1&2)- Rock Lf. back(3)- Fwd. on Rt.(4)-

5&6-7&8 Kick Lf. fwd(5)- Step on Lf.(6)- Cross Rt. over Lf.(6)- repeat  
Kick step cross (7&8)....facing 3:00

## 1/4 SHUFFLE - 1/2 TURN - 2 SHUFFLES W/TURNS

1&2,3-4 Make 1/4 Lf. and shuffle fwd l-r-l (1&2)(12:00)- Step Rt. fwd(3)-

5&6,7&8 pivot 1/2 turn Lf. (4)(facing 6:00) - Shuffle Side Rt. w/r-l-r(5&6)  
pivot 1/4 turn Lf. and shuffle side Lf. w/l-r-l(7&8).....3:00

## STEP KICK - STEP TOUCH - STEP KICK - COASTER

1-2-3-4 Rt. step fwd(1)- Kick Lf. fwd(2)- Step Lf. back(3) - Rt. touch

5-6,7&8 back(4)- Rt. step fwd(5)- Kick Lf. fwd(6)- Step Lf. back(7)-  
step Rt. next to Lf.(8)- step Lf. fwd(8).....3:00

.....start over.....