

Mr. Rn'Roll



Choreographer: Michal "Dingo" Janák (20th December 2020)

Level: Newcomer/Novice; Country; LILT(ECS)

Music: Mr. Rock & Roll by Amy MacDonald (BPM 111); Album: This Is The Life (eDeluxe)

Restart: During walls 4 and 8 (After first 16 counts - after Section 2)

Tag: After wall 9 (4 counts)

4 WALL – 32 COUNTS	
STEP	FOOTWORK
Section 1	R-Rock, Recover, Coaster Step, L-Rock, ¼ L Chassé Left
1 – 2	RF step forward, recover weight,
3 & 4	RF back on right, LF close RF, RF step forward,
5 – 6	LF step forward, ¼ turn L recover weight, (9:00)
7 & 8	LF step L, RF close beside LF, LF step L
Section 2	Cross, Back, Chassé R, Cross, Back, Chassé L
1 – 2	RF step cross over LF, LF step backwards,
3 & 4	RF step R, LF close beside RF, RF step R,
5 – 6	LF step cross over RF, RF step backwards,
7 & 8	LF step L, RF close beside LF, LF step L, <i>(Restart walls 4 and 8)</i>
Section 3	Rocking chair, Step turn, Kick ball change
1 – 2	RF step forward, LF recover weight,
3 & 4	RF step backward, recover weight,
5 – 6	RF step forward, ½ Turn L, LF step forward (3:00)
7 & 8	RF kick diagonally R, RF step together, LF step in place,
Section 4	2x (Rock & Heel & Touch)
1 – 2	RF step forward, recover weight,
3 & 4 &	RF step backwards, LF heel touch L, LF step beside RF, RF touch beside LF,
5 – 6	RF step forward, recover weight,
7 & 8 &	RF step backwards, LF heel touch L, LF step beside RF, RF touch beside LF,
Tag	4 counts
(After 9th wall)	Rock & Heel & Touch
1 - 2	RF step forward, recover weight,
3 & 4 &	RF step backwards, LF heel touch L, LF step beside RF, RF touch beside LF.