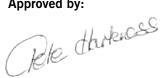
## STEPPIN'OFF



## THEPage



Approved by:



## Mr Rock N Roll

2 WALL - 32 COUNTS - IMPROVER			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1	Forward Rock, 1/4 Coaster Turn, Forward Rock, 1/4 Coaster Turn		
1 - 2	Rock right forward. Recover onto left.	Forward Rock	On the spot
3 & 4	Turn 1/4 left and step right back. Step left beside right. Step right forward.	Coaster Turn	Turning left
5 - 6	Rock left forward. Recover onto right.	Forward Rock	On the spot
7 & 8	Turn 1/4 left and step left back. Step right beside left. Step left forward.	Coaster Turn	Turning left
Section 2	Walk x 2, Forward Mambo, Step Back, Coaster Step, Kick Ball Step		
1 - 2	Step right forward. Step left forward.	Right Left	Forward
3 & 4	Rock right forward. Rock back on left. Step right back.	Forward Mambo	On the spot
5	Step left back.	Back	Back
6 & 7	Step right back. Step left beside right. Step right forward.	Coaster Step	On the spot
8 & 1	Kick left forward. Step left beside right. Step right forward.	Kick Ball Step	Forward
Restart	Walls 4 and 8: Dance to counts 8 &, then restart dance from beginning.		
Section 3	Step, Pivot 1/2, Shuffle Turn 1/2, Back Rock, Kick Ball Cross		
2 - 3	Step left forward. Pivot 1/2 turn right (weight to right).	Step Pivot	Turning right
4 & 5	Shuffle forward 1/2 turn right, stepping - left, right, left.	Shuffle Turn	
6 - 7	Rock right back. Recover onto left.	Back Rock	On the spot
8 & 1	Kick right forward. Step right beside left. Cross left over right.	Kick Ball Cross	Right
Section 4	Hip Bumps, Behind Side Cross, Side, Touch Ball Step		
2 - 3	Step right to side and bump hips right. Bump hips left.	Hip Bumps	On the spot
4 & 5	Cross right behind left. Step left to left side. Cross right over left.	Behind Side Cross	Left
6	Step left to left side.	Side	
7 & 8	Touch right beside left. Step right beside left. Step left forward.	Touch Ball Step	Forward
Tag	At the end of Wall 9 (facing 6:00): Step, Pivot 1/2, Step, Pivot 1/2		
1 - 2	Step right forward. Pivot 1/2 turn left (weight to left).	Step Pivot	Turning left
3 - 4	Step right forward. Pivot 1/2 turn left (weight to left).	Step Pivot	

Choreographed by: Pete Harkness (UK) July 2007

Choreographed to: 'Mr Rock N Roll' by Amy MacDonald (105 bpm) CD Single;

also downloadable from iTunes (48 count intro - start on vocals)

 $\pmb{Restarts:} \ \ \text{There are 2 Restarts, both as Section 2 is ending, during Walls 4 and 8}$ 

Tag: There is one 4-count tag, danced at the end of Wall 9