

# Rock and Roll Heart

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**Count:** 48

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Karen Tripp , (July 2012)

**Music:** I've got a Rock and Roll Heart by Eric Clapton, Album: Money and Cigarettes

**Wait: 16 counts**

**Tag: 4 hip bumps at end of Wall 1 (facing 9:00) and 3 (facing 3:00), Restart on Wall 5 after 32 counts**

**End: Ends at count 24, omit the turn on the Triple (do a side shuffle), ends facing 12:00**

**[1-8] STEP, POINT SIDE, STEP, POINT SIDE, FORWARD SHUFFLE TWICE**

**1-4** Step forward on right, point left toe to the side, step forward on left, point right toe to the side

**5&6** Step forward on right, close left to right, step forward on right

**7&8** Step forward on left, close right to left, step forward on left

**\*\* Alternate option for counts 5-8: 2 Forward Locking Steps**

**[9-16] JAZZ BOX WITH CROSS, 4-COUNT VINE**

**9-12** Cross right over left, step back on left, step side on right, cross left over right

**13-16** Step side on right, cross left behind right, step side on right, cross left over right

**[17-24] SYNCOPATED SCISSORS, VINE 2, TRIPLE ¼ LEFT \*\***

**17-18** Step side on right, close left to right

**19&20** Cross right over left, step left in place, cross right over left

**21-22** Step side on left, cross right behind left

**23&24** Turn ¼ left and step left, step right in place, step left in place (9:00)

**\*\* Dance ends here; omit turn on the Triple**

**[25-32] STEP FORWARD, TURN ½, FORWARD LOCKING STEP, ROCK FORWARD, RECOVER, STEP BACK, HOOK**

**25-26** Step forward on right, turn ½ left and step left

**27&28** Step forward on right, lock left behind right, step forward on right

**29-32** Rock forward on left, recover back onto right, step back on left, hook right foot over left shin (3:00)

----->**Restart here on Wall 5**

**[33-40] DIAGONAL FWD LOCK STEP, ROCK FWD, RECOVER, DIAGONAL LEFT FWD LOCK STEP, ROCK, RECOVER**

**33&34** Step diagonally right, lock left behind, step forward right (1:00)

**35-36** Rock diagonally forward on left, recover on right adjusting to face wall

**37&38** Step diagonally left, lock right behind, step forward left (1:00)

**39-40** Rock diagonally forward on right, recover on left adjusting to face wall (3:00)

**[41-48] BACK LOCKING STEP 2X, ROCK BACK, RECOVER, STEP FORWARD, TURN ½ LEFT**

**41&42** Step back on right, cross (lock) left in front of right, step back on right

**43&44** Step back on left, cross (lock) right in front of left, step back on left

**45-48** Rock back on right, recover forward on left, step forward on right, turn left ½ and step left (9:00)

**TAG**

**1-4** Hip bumps R, L, R, L

**RESTART: The fifth time you do the sequence (starting facing 12:00), restart after 32 counts (you will be facing 3:00).**

**END: Omit the turn on the ¼ turn triple and remain facing 12:00**

**Choreographer Information: Karen Tripp, Cranbrook, British Columbia**

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