

Red Hot Rock 'n' Roller

64 count, 2 wall, beginner/intermediate level

Choreographer: Gaye Teather (UK) July 2006

Choreographed to: Red Hot Rock 'n' Roller by Dave

Sheriff, CD: Overworked and Underpaid (171 bpm)

Intro: 32 counts from start of main beat – begin dance on vocals

Kick ball cross. Side. Heel taps

1 – 2 Kick Right foot forward. Step Right beside Left

3 – 4 Cross Left over Right. Step Right to Right side

5 – 8 Touch Left toe forward on a Left diagonal. Tap Left heel to floor 3 times (weight remains on Right)

Style note: During steps 5 – 8 angle body to Left diagonal and lean slightly back

Extended weave Left. Touch

1 - 2 Step Left to Left. Cross Right behind Left.

3 - 4 Step Left to Left. Cross Right over Left

5 - 6 Step Left to Left. Cross Right behind Left.

7 - 8 Step Left to Left. Touch Right beside Left

Quarter Monterey turn. Quarter Monterey turn. Hitch

1 – 2 Point Right toe to Right side. Quarter turn Right stepping Right beside Left (Facing 3 o'clock)

3 – 4 Touch Left toe to Left. Step Left beside Right

5 – 6 Point Right toe to Right side. Quarter turn Right stepping Right beside Left (Facing 6 o'clock)

7 – 8 Touch Left toe to Left side. Hitch Left knee

Left coaster step. Hold. Walk forward Right. Left. Right. Hold

1 – 2 Step back on Left. Step Right beside Left.

3 - 4 Step forward on Left. Hold

5 – 8 Walk forward Right. Left. Right. Hold

Toe struts back. Side rock. Together. Hold

1 – 2 Step Left toe back. Lower Left heel.

3 - 4 Step Right toe back. Lower Right heel

5 – 6 Rock Left to Left side. Recover onto Right.

7 – 8 Stomp Left beside Right. Hold

Style option: Click fingers during toe struts back

Toe struts back. Side rock. Together. Hold

1 – 2 Step Right toe back. Lower Right heel.

3 – 4 Step Left toe back. Lower Left heel

5 – 6 Rock Right to Right side. Recover onto Left.

7 – 8 Stomp Right beside Left. Hold

Style option: Click fingers during toe struts back

Rumba box

1 – 2 Step Left to Left side. Step Right beside Left.

3 – 4 Step forward on Left. Hold

5 – 6 Step Right to Right side. Step Left beside Right.

7 - 8 Step back on Right. Hold

Out. Out. In. In. Heel bounce x 4

1 – 2 Step Left to Left. Step Right to Right.

3 - 4 Step Left back to centre. Step Right back to centre

5 – 8 With feet together bounce heels 4 times

Style option: For a fun (and more energetic) option, jump 4 times on the spot during steps 5 – 8

Tag: There is an 8 count tag at the end of wall 6 (Facing 12 o'clock) Simply repeat the last section (Out. Out. In. In. Heel bounces) and start again from the beginning.