

ROCK 'N' ROLL - with "Breaks" (Jitterbug)

Step left to left side	SLOW	Count	1-2
Step right to right side	SLOW	"	1-2
Step back on to left (PUSH)	QUICK	"	1
Step forward on to right (PULL)	QUICK	"	1
		<u>Total</u>	<u>6 counts</u>

music phrase - 1 - 2 - 3 - 4 - 1 - 2 - 3 - 4 - 1 - 2 - 3 - 4 - etc.

movement phrase - 1 - 2 - 3 - 4 - 5 - 6 - 1 - 2 - 3 - 4 - 5 - 6 - etc.
 slow slow Q Q slow slow Q Q
 side side P P side side P P

1. Small quick two-steps to left then right - count 1 & 2, 3 & 4.
2. Step left, count 1; touch or dig right toe close to left, count 2; step right, count 3; touch or dig left close to right, count 4.
3. Dig or touch left to right, count 1; step left to left, count 2; dig or touch right to left, count 3; step right to right, count 4.
4. Step left to left, count 1; bend left knee or bounce, count 2; step right to right, count 3; bend right knee, count 4.
5. Step on left toe to left, count 1; drop left heel, count 2; step on right toe to right, count 3; drop right heel, count 4 (turn knees out).
6. Step on whole foot (left), count 1-2; step on whole right foot, count 3-4.
7. Step on left to left, count 1; jump on both feet (accent), count 2; step on right to right, count 3; jump on both feet (accent), count 4.
8. Smooth, no exaggerations, (closed dance position) step left, count 1-2, step right to right, count 1-2. (Twist partner on the push-pull).

The following are suggestions for BREAK Possibilities: 1. Two hand hold
2. One hand hold, left or right hand, change hands 3. On the "push-pull",
balance on both heels 4. Arch turning lady out (lady turns to her right)
5. Arch turning lady in or back to position (lady turns left) 6. Change
hands behind man's back - wrap around 7. Spin out on the push-pull 8. Walk
on each beat about 8 or 16 - twisting heels out each time and change from one
position to another 9. Sugar foot