

Jingle Bell Rock

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Level: Intermediate
Christmas, Fast Tempo (2:56)

Sequence: A – A – B – C1 – A – B – C2 – A – B – C3

Wait 24 beats. Start on left foot.

- Abbreviations:
- S – Step
 - Htch – Heel Touch
 - DS – Double Step
 - RS – Rock Step
 - R – Rock
 - S – Step
 - Slr – Slur
 - K – Kick
 - H – Heel
 - Ba – Ball
 - Br – Brush
 - (ots) – out to side
 - (xib) – cross in back
 - (bs) – beside other foot
 - (p) – pause
 - (xif) – cross in front
 - (if) – in front
 - (pvt) – pivot

Part A: (32 beats)

- (4) Macnamara (4) and Triple
S Htch(ots) S S(xib) S Htch(ots) S S DS DS DS RS
L R R L R L L R L R L RL
& 1 & 2 & 3 & 4 &5 &6 &7 &8
- (8) 2 Double Rock Pulls
DS DS R S(ots) Slr S(bs) DS DS R S(ots) Slr S(bs)
R L R L R R L R L R L L
&1 &2 &3 &4 &5 &6 &7 &8
- (4) Single Rock Pulls (½ L) (4) and Triple
-¼ L - -¼ L -
R S(ots) Slr S R S(ots) Slr S DS DS DS RS
R L R R L R L L R L R LR
&1 &2 &3 &4 &5 &6 &7 &8
- (4) Karate Rock (½ L) (4) and Triple
½ L
DS K H RS K H DS DS DS RS
L R L RL R L R L R LR
&1 &2 &3 &4 &5 &6 &7 &8

Part B: (32 beats)

- (4) 2 Heel Rock Steps and (4) Travelling Triple
(p) Htch(ots) R S(xif) (p) Htch(ots) R S(xif) DS DS(xif) DS RS
L L R L L R L R L R L RL
& 1 & 2 & 3 & 4 &5 &6 &7 &8
- (8) Twisties
Ba Ba S RS Ba Ba S RS As you do the Ba Ba, start with heel in toward other heel, then
R L R LR L R L RL twist heel out before doing next Ba or S (twisting motion).
1 2 3 &4 5 6 7 &8

Repeat 2 Heel Rocks, Travelling Triple and Twisties, opposite footwork.

Part C1: (36 beats)

- (8) 2 Basketball and a Basic (½ R & ½ L)
(p) S(if) (pvt, ½ R) S DS RS (p) S(if) (pvt, ½ L) S DS RS
L R L RL R L R LR
& 1 & 2 &3 &4 & 5 & 6 &7 &8
- (8) 2 Donkeys
DS R(xif) S R(ots) S R(xib) S DS R(xif) S R(ots) S R(xib) S
L R LR LR L R L R L R LR R L R L R
&1 & 2 & 3 & 4 &5 & 6 & 7 & 8
- (8) 2 Rocking Chairs (360° L) and (8) 2 Push Offs
--- ½ L --- --- ½ L ---
DS Br H DS RS DS Br H DS RS DS RS(ots) RS(ots) RS(ots) DS RS(ots) RS(ots) RS(ots)
L R L R LR L R L R LR L RL RL RL R LR LR LR
&1 & 2 &3 &4 &5 & 6 &7 &8 &1 &2 &3 &4 &5 &6 &7 &8
- (4) Fancy Double
DS DS RS RS
L R LR LR
&1 &2 &3 &4

Part C2: (32 beats)

Do Part C1, as above, but leave off Fancy Double.

Part C3: (43 beats)

Do Part C1, but do 4 Push Offs, instead of just 2, then do a Double Basic. DS DS RS