

Old Time Rock & Roll

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Dennis Foley (AUS) & Verity Mills (AUS)

Musik: Old Time Rock & Roll - Bob Seger



TWO "V'S" (FORWARD, FORWARD, BACK, CLOSE, FORWARD, FORWARD, BACK, CLOSE)

- 1-2 Step right forward diagonally right, step left forward diagonally left
- 3-4 Step right back diagonally left, step left back beside right
- 5-6 Step right forward diagonally right, step left forward diagonally left
- 7-8 Step right back diagonally left, step left back beside right

RIGHT SHUFFLE, ROCK, ROCK, LEFT SHUFFLE, TURN, STOMP, STOMP

- 1&2 Step right to the side, close left to right, step right to the side
- 3-4 Step left back behind right, rock forward on right
- 5&6- Step left to the side, close right to left, step left to the side
- &7 Turn ½ right on left foot, stomp right foot to side
- 8 Stomp left foot to side (feet apart)

ELVIS KNEES (RIGHT, LEFT, RIGHT), HOLD

- 1-2 Pop right knee in turning right heel out, pop left knee in turning left heel out
- 3-4 Pop right knee in turning right heel out, hold

TURN, FOUR RIGHT HIP BUMPS (STRUMMING YOUR GUITAR)

- 5 Turn ¼ left and bump right hip to right side
- 6-8 Extend left leg and touch left heel and bump right hip three times

Styling: while dancing the above four beats lean back diagonally right and strum your guitar four times with your right hand

TURNING THREE STEP REGGAE, FORWARD

- 1-3 Step left over right, step right back, turn ¼ left and step left to side
- 4 Step forward on right foot

TURN ¼ LEFT BOUNCING HEELS & CLICKING FINGERS

- 5-7 Turning ¼ left bouncing heels three times and clicking fingers
- 8 Transfer weight to left foot

Styling: while dancing the first three beats lean out to your right, extend left hand out to side, raise right hand to shoulder height and click fingers three times

REPEAT
