|  |  |
| --- | --- |
| Old Time Rock And Roll |  |

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| . |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Terri Lineberry (USA) - April 2014 |
| **Music:** | Old Time Rock & Roll - Bob Seger : (CD: Bob Seger & The Silver Bullet Band - iTunes.com) |
| . |

**Begin on word “OFF (Just take those records OFF)**

**TOE STRUT RIGHT, ROCK RECOVER, CROSS SHUFFLE**

|  |  |
| --- | --- |
| 1-2 | Step right toe to right, down on right heel |

|  |  |
| --- | --- |
| 3-4 | Cross left toe over right, down on left heel |

|  |  |
| --- | --- |
| 5-6 | Step right to right, recover on left |

|  |  |
| --- | --- |
| 7&8 | Step right over left, step left to left, step right over left |

**TOE STRUT LEFT, ROCK RECOVER, CROSS SHUFFLE**

|  |  |
| --- | --- |
| 1-2 | Step left toe to left, down on left heel |

|  |  |
| --- | --- |
| 3-4 | Cross right toe over left, down on right heel |

|  |  |
| --- | --- |
| 5-6 | Step left to left, recover on right |

|  |  |
| --- | --- |
| 7&8 | Step left over right, step right to right, step left over left |

**SHUFFLE RIGHT FORWARD, SHUFFLE LEFT FORWARD, SHUFFLE RIGHT ½ TURN RIGHT, SHUFFLE LEFT BACK**

|  |  |
| --- | --- |
| 1&2 | Step right forward, step left to right, step right forward |

|  |  |
| --- | --- |
| 3&4 | Step left forward, step right to left, step left forward |

|  |  |
| --- | --- |
| 5&6 | Step right ½ turn left, step left to right, step right forward |

|  |  |
| --- | --- |
| 7&8 | Step left back, step right to left, step left back |

**RIGHT HEEL FORWARD, BACK, LEFT HEEL FORWARD, BACK, STEP RIGHT HEEL FORWARD, HOLD HIP BUMPS, RIGHT & LEFT**

|  |  |
| --- | --- |
| 1&2 | Step right heel forward, step right together, step left heel forward |

|  |  |
| --- | --- |
| &3-4 | Step left back together, step right heel forward, hold(slap right) |

|  |  |
| --- | --- |
| 5-6 | Bump hips right twice |

|  |  |
| --- | --- |
| 7-8 | Bump hips left twice |

**BEGIN AGAIN**

**Contact: buffy127@windstream.net**