

All Time Rock

COPPER KNOB
STEPPSHEETS

Count: 32

Wall: 2

Level: Absolute Beginner

Choreographer: Lyndsay Eotvos (AUS) - May 2025

Music: Old Time Rock & Roll - Bob Seger



Intro: Start on lyrics "o the shelf" - No Tags or Restarts

Grapevine Right, Grapevine Left with ¼ Turn Left

- 1-4 Step right to side, step left behind right, step right to side, touch left beside right
- 5-7 Step left to side, step right behind left, step left ¼ turn left (face 9:00)
- 8 Touch right beside left

Step Touch x4 Turning ¼ Left to Face 2nd Wall

- 1-2 Step right forward on slight diagonal, touch left beside right
- 3-4 Step left forward turning slightly left, touch right beside left
- 5-6 Step right forward continuing to turn left, touch left beside right
- 7-8 Step left forward finishing ¼ turn to face 6:00, touch right beside left

Two Rocking Chairs

- 1-2 Rock forward on right, recover onto left
- 3-4 Rock back on right, recover onto left
- 5-6 Rock forward on right, recover onto left
- 7-8 Rock back on right, recover onto left

Heels with Quick Change and Claps

- 1-2 Touch right heel forward, step right beside left
 - 3-4 Touch left heel forward, step left beside right
 - 5-6-7 Touch right heel, then left heel, then right heel (quick changes on each count)
 - &8 Clap, clap
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