Old Time Rock & Roll

Count: 64   **Wall:** 4   **Level:** Improver

Choreographer: Ally Crabtree (AUS) & Carla Schell (AUS)

Music: Old Time Rock & Roll - Bob Seger

HEEL TAPS, SWIVELS, KICK
1-2	Tap left heel down twice (toes stay on ground)
3-4	Swivel heels left and tap right heel down twice
5-6-7	Swivel heels right, left, right
8	Kick right foot out at a 45 degree angle

TURNS, STOMPS
9	Turn ½ left on ball of left placing right foot beside left
10-11	Kick left foot out at a 45 degree angle, step left beside right
12	Kick right foot out at a 45 degree angle
13	Turn ½ to right (backwards) bring right beside left
14-15-16	Stomp left, stomp right, clap

HEEL TAPS, HIP ROLLS
17-20	Bend knees and tap both heels down four times
21-24	Roll hips right, left, right, left (to the left)

SHUFFLES, TURNS
25&26	Shuffle right, left, right (moving right)
27&28	Shuffle left, right, left turning a full circle (still moving right)
29-30	Rock right back, rock left forward
31&32	Shuffle right, left, right turning a full circle (moving left)
33&34	Shuffle left, right, left (still moving left)
35-36	Rock right straight back, rock left forward

"FLY LIKE A BIRD" STEPS
37-38	Step right forward turning ¼ left bumping hip right, left
39-40	Pivot ¼ turn right on balls of both feet, clap
41-42	Step left forward turning ¼ right bumping hip left, right
43-44	Pivot ¼ turn left on balls of both feet, clap

KICK, ROCK STEPS, SHIMMIES
45&46	Kick right forward, step on right, step on left turning ¼ left
47&48	Kick right forward, step on right, step on left
49-50	Shimmy right shoulder forward at 45 degree angle
51-52	Shimmy left shoulder back at 45 degree angle

SAILOR SHUFFLES BACK
53&54	Step right behind left, step left beside right, step right beside left
55&56	Step left behind right, step right beside left, step left beside right

FORWARD SHUFFLE, TURN, ROCKS, STOMPS
57&58	Shuffle right forward (right, left, right)
59&60	Shuffle left forward (left, right, left) turning ½ turn right
61-62	Rock right back, rock left forward
63-64	Stomp right, stomp left ending with toes pointing left