

Rock 4 Old Times

Count: 32

Wall: 4

Level: Beginner

Choreographer: Jo Conroy (UK)

Music: Old Time Rock & Roll - Bob Seger



RIGHT SIDE SHUFFLE, LEFT BACK ROCK, LEFT SIDE SHUFFLE RIGHT BACK ROCK

- 1&2 Shuffle right right-left-right
- 3-4 Rock left behind right, recover on to right
- 5&6 Shuffle left left-right-left
- 7-8 Rock right behind left, recover on to right

SHUFFLE ½ TURN LEFT ROCK BACK RECOVER, SHUFFLE HALF TURN RIGHT ROCK BACK, RECOVER

- 1&2 Make a half turn left & shuffle right-left-right
- 3-4 Rock back on left recover on to right
- 5&6 Make a half turn right & shuffle left-right-left
- 7-8 Rock back on right recover on to left

SWITCH & SWITCH & WALK RIGHT LEFT TWICE

- 1&2 Touch right toe forward, step weight on to right foot, touch left toe forward
- &3-4 Step weight on to left, walk right left
- 5&6 Repeat 1&2
- &7-8 Repeat &3-4

MONTEREY ¼ TURN RIGHT, SWITCHES ½ TURN LEFT

- 1-2 Point right toe to right side, ¼ turn right stepping right next to left
- 3-4 Point left toe to left side, step left next to right (weight on left)
- 5&6 Touch right heel forward & step right next to left, make ¼ turn left & touch left heel forward
- &7 Step weight on to left & touch right heel forward
- &8 Step weight on to right, ¼ turn left touching left heel forward
- & Bring weight on to left

REPEAT
