

# Old Time Rock & Roll

**COPPER KNOB**  
STEPSHEETS

拍数: 42                      墙数: 4                      级数: Improver  
编舞者: Brenda Hancock (CAN)  
音乐: Old Time Rock & Roll - Bob Seger



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## TRIPLE STEPS RIGHT, LEFT, ROCK/RECOVER

1&2                      Step to side on right foot, step left beside right, step right to side  
3&4                      Step to side on left foot, step right beside left, step left to side  
5-6                      Rock back on right foot, recover to left foot

## TRIPLE STEP RIGHT AT ¼ TURN LEFT, TRIPLE STEP LEFT, ROCK/RECOVER

1&2                      Swivel on left ball to ¼ turn left and right triple step to right (right, left, right)  
3&4                      Step to side on left foot, step right beside left, step left to side (left, right, left)  
5-6                      Rock back on right foot, recover to left foot

## DIAGONAL RIGHT & LEFT TRIPLE STEPS FORWARD, ROCK/RECOVER

1&2                      Right triple step forward to 1:00 (right, left, right)  
3&4                      Left triple step forward to 11:00 (left, right, left)  
5-6                      Rock right forward, recover to left foot

## DIAGONAL RIGHT & LEFT TRIPLE STEPS BACK, ROCK/RECOVER

1&2                      Right triple step back to direction of 5:00 (right, left, right)  
3&4                      (Swivel on ball of right) left triple step back to direction of 7:00 (left, right, left)  
5-6                      Rock back on right foot, recover to left foot

## TRIPLE STEPS FORWARD RIGHT & LEFT, ½ PIVOT TURN LEFT

1&2                      Right triple step forward toward 12:00 (right, left, right)  
3&4                      Left triple step forward toward 12:00 (left, right, left)  
5-6                      Step forward on right foot, turn ½ turn left (shift weight to left foot)

## TRIPLE STEP RIGHT, LEFT KICK/BALL/CHANGE, ROCK, RECOVER

1&2                      Step to side on right foot, step left beside right, step right to side (right, left, right)  
3&4                      Kick left forward, step left beside right, step right beside left  
5-6                      Rock back on left foot, recover to right foot

## TRIPLE STEP LEFT, RIGHT KICK/BALL/CHANGE, ROCK, RECOVER

1&2                      Step to side on left foot, step right beside left, step left to side  
3&4                      Kick right forward, step right beside left, step left beside right  
5-6                      Rock back on right foot, recover to left foot

**REPEAT**

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