

Old Time Rock & Roll

Count: 42

Wand: 4

Ebene: Improver

Choreograf/in: Brenda Hancock (CAN)

Musik: Old Time Rock & Roll - Bob Seger



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
