

Sweet Old Rock And Roll (EZ)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Easy Beginner

Choreographer: Molly Yeoh (MY) - February 2017

Music: Old Time Rock & Roll - Michael Bolton



(Check U tube : Frontiers Music srl)

INTRO: 16 COUNTS - NO TAG, NO RESTART

OPEN OPEN CLOSED CLOSED, FORWARD STEP HITCH, TWICE

1-2 Step fwd diagonal right to right, step diagonal left to left
3-4 Step back R and step back L beside R
5-6-7-8 Step right fwd , left hitch, left fwd, right hitch

TOE STRUT BEHIND, TOE HEEL FRONT, ¼ LEFT TURN

1-2 Step R fwd down, L toe strut behind R
3-4 Step L down, R fwd heel
5-6 Repeat 1-2
7-8 L ¼ turn step down, R step beside L(face 9 o'clock)

VINE TO RIGHT, R CHASSE, L ROCK BACK RECOVER, RIGHT TOUCH

1-2-3-4 R step to R, L behind, R step to R, L cross over R
5&6 Step R to R, L closed on R, R step to R,
7-8 L rock back recover with R heel touch fwd

**RIGHT FORWARD, LEFT TOUCH TO LEFT, LEFT FORWARD, RIGHT TOUCH TO RIGHT SIDE, PADDLE
¼ LEFT TURN,STEP DOWN**

1-2, 3-4 Step R fwd down, L point to L, step L fwd, R point to R
5-6 R step fwd with a ¼ Left turn, L step beside R (face 6 o' clock)
7-8 R step beside L, L step on spot.

Hope your beginners can enjoy this dance too! Thank you and let's ROCK!

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