

# Old Time Rock 'n' Roll

Count: 32

Wall: 4

Level: Improver

Choreographer: Maria Fransson (SWE)

Music: Old Time Rock & Roll - Bob Seger



## SKATE STEPS FORWARD, TOUCH SWITCHES, HEEL SWITCHES

1-4 Skate right diagonally forward (towards 1:00), skate left forward (towards 11:00), skate right diagonally forward (towards 1:00), skate left forward (towards 11:00)

**Optional: arms: only on wall two. In the music he sings "You'll never get me to a disco!" On count 1, the right skate step you can put your right arm up slightly diagonally towards 1:00 and the left hand placed on left hip. On count 2 put your right arm down to the left side, across your body in the gap between your left side and left arm, on count 3-4 repeat 1-2**

5&6& Touch right out to right side, step right next to left, touch left out to left side, step left next to right

7&8& Touch right heel forward, step right foot together with left, touch left heel forward, step left foot together with right (taking weight)

## PIVOT TURN, TURNING SHUFFLE, ROCK STEP, WALK FORWARD LEFT RIGHT

1-2 Step right forward and make a ½ turn pivot turn left

3&4 Make a left turning shuffle stepping right forward and turn ¼ to left step left next to right and turn a ¼ to left, step back on right

5-6 Rock left foot back and recover weight on right

7-8 Walk forward left slightly crossing left over right, walk forward right slightly crossing right over left

## BOX WITH ¼ TURNS, PADDLE TURNS LEFT

1&2&3&4& Step left forward (1) and turn a ¼ right (&) (keep weight on left and right foot next to left at all time, turn ¼ to right (2) and step right to right side (&) (taking weight on right and keeping left foot close to right, turn ¼ right (3) (keeping weight on right still with left foot next to right and step left to left side (&) (keeping weight and right foot close to left, turn ¼ right (4) and touch right out to right side (keeping weight on left (&))

5&6&7&8 Touch right foot forward (5) and push as you turn ¼ to left (&), repeat for three more counts, end with touching right foot to right side (8)

**Optional: if you are having trouble with the box; you can simply replace those steps with cross step left over right(5), step back on right(6), step left to left side (7), touch right to right side(8).**

## SIDE BEHIND, RIGHT SHUFFLE, ROCK FORWARD, SAILOR TURN

1-2 Step right to right side, cross left behind

3&4 Step right to right side, step left next to right, step right to right side (third position)

5-6 Rock left foot forward, recover weight on right

7&8 Cross left foot behind right, step right foot next to left with a ¼ turn left, step forward on left

## REPEAT