

# Can You Rock?

Count: 64

Wall: 4

Level: Improver

Choreographer: Terry Mchugh (UK)

Music: Old Time Rock & Roll - Bob Seger



## **RIGHT KICK BALL CHANGE, STOMPS TWICE, RIGHT KICK BALL CHANGE, STOMPS TWICE**

- 1&2 Kick right leg forward, step right beside left, step left in place (weight on left)  
3-4 Stomp on right, push hips left, stomp on left, push hips right  
5-8 Repeat steps 1-4

## **SHUFFLE RIGHT, BACK ROCK, ½ TURN RIGHT, CROSS SHUFFLE**

- 1&2 Shuffle right, right, left, right  
3-4 Rock back on left, recover on right  
5-6 Step left to left side, pivot ½ turn on left foot, place right beside left  
7-8 Cross shuffle right, left, right, left

## **ROCK FORWARD ON RIGHT, WITH ¼ TURN RIGHT BACK SHUFFLE, BACK ROCK FORWARD SHUFFLE**

- 1-2 Step forward on right, with ¼ turn right, rock back on to left  
3&4 Shuffle back right, left, right  
5-6 Rock back on left, rock forward on right  
7&8 Shuffle forward left, right, left

## **RIGHT KICK BALL CHANGE, STOMPS TWICE, RIGHT KICK BALL CHANGE, STOMPS TWICE**

- 1-8 Repeat section 1

## **RIGHT SHUFFLE, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE**

- 1&2 Shuffle right, right, left, right  
3&4 Cross shuffle right, left, right, left  
5-6 Rock to right side, rock to left side  
7&8 Cross shuffle left, right, left, right

## **¼ TURN RIGHT, FRONT KICK, SAILOR STEPS X2 WITH ¼ TURN RIGHT**

- 1-2 Step left to left side with ¼ turn right, kick right leg forward  
3&4 Step right behind left, step left beside right, step right in place  
5&6 Step left behind right, step right beside left, with ¼ turn right, step left beside right  
7-8 Rock back on right, rock forward on left

## **ROCK AND COASTER STEP TWICE**

- 1-2 Rock forward on right, rock back on left  
3&4 Step back on right, step left beside right, step forward on right  
5-6 Rock forward on left, rock back on right  
7&8 Step back on left, step right beside left, step forward on left

## **HEEL JACKS AND DIAGONAL FORWARD SLIDE X2**

- 1&2& Dig right heel forward, step right beside left, dig left heel forward, step left beside right.  
3-4 Slide right diagonally forward. Step left beside right  
5&6& Dig left heel forward, step left beside right, dig right heel forward, step right beside left  
7-8 Slide left diagonally forward, step right beside left (weight on left)

**REPEAT**

