

Old Time Rock

Compte: 32

Mur: 4

Niveau: Newcomer

Chorégraphe: Belén Márquez (ES) - March 2017

Musique: Old Time Rock & Roll - Michael Bolton



Intro: The dance begins when he says "off the shelf" and the music starts

CROSS, BACK, SIDE, SHUFFLE DIAGONAL FORWARD, POINT, POINT, CROSS SHUFFLE DIAGONAL FORWARD

- 1-2-3 Cross Right over Left, Step Left back, step Right side
- 4&5 Shuffle diagonally left forward (left-right-left)
- 6-7 Point Right Toe diagonally left forward, Point Right Toe diagonally Right back
- 8&1 Cross Shuffle (right-left-right) diagonally left forward

STEP TURN, TRAVELLING PIVOT, POINT, POINT, SAILOR STEP 1/8 TURN LEFT

- 2-3 Step Left diagonally Left forward, turn $\frac{1}{2}$ right (in opposit diagonally)
- 4-5 Turn $\frac{1}{2}$ Right and step Left back, Turn $\frac{1}{2}$ right and step right forward
- 6-7 Point Left Toe forward, Point left Toe to side
- 8&1 Sailor Step (Left-right-left) and turn $\frac{1}{8}$ left (15.00)

PADDLE $\frac{1}{4}$ LEFT X2, OUT-OUT (WITH HIP ROLLS), HOP BACK X2

- 2-3 Step right forward, Turn $\frac{1}{4}$ left (12.00)
- 4-5 Step right forward, Turn $\frac{1}{4}$ (9.00)
- 6-7 Step Right side with hip roll, step Left side with hip roll
- 8-1 Hop back for 2 times (with two feet)

SHUFFLE BACK X2, COASTE STEP, STEP

- 2&3 Shuffle back (Right, Left, right) - turn your body to the Right side
- 4&5 Shuffle back (left, right, left) – turn your body to the left side
- 6&7 Step right back, step left together, step right forward
- 8 Step left forward

REPEAT

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