

# Old Time Rock & Roll

**Compte:** 32

**Mur:** 4

**Niveau:** High Beginner

**Chorégraphe:** Sherry Olkonen (USA) - September 2022

**Musique:** Old Time Rock & Roll - Bob Seger



---

## **S1 Heel Grind right, coaster, heel grind 1/4 turn left, coaster**

- 1-2 (1) Rock forward on right heel (2) arc toe left to right, weight back onto left.  
3&4 (3) Step right back (&) step left next to right (4) step right forward  
5-6 (5) Rock forward on left heel (6) arc toe right to left while turning 1/4 left stepping back on right  
7&8 (7) Step left back (&) step right next to left (8) step left forward

## **S2 Shuffle, shuffle, rock, recover, 2 count full turn to back**

- 1&2 (1) Step right forward (&) step left next to right (2) step right forward  
3&4 (3) Step left forward (&) step right next to left (4) step left forward  
5-6 (5) Step right forward, (6) weight back to left  
7-8 (7) Turn 1/2 right stepping forward on right (8) turn 1/2 right stepping back on left

## **S3 Coaster, kick ball change, rock side, recover, cross shuffle**

- 1&2 (1) Step right back (&) step left next to right (2) step right forward  
3&4 (3) Kick left forward (&) step left beside right (4) step onto right in place  
5-6 (5) Step left to side (6) weight back to right  
7&8 (7) Cross left over right. (&) step right to right side (8) cross left over right

## **S4 Rock side, recover, cross shuffle, step side, touch back, 1/2 turn right, step forward**

- 1-2 (1) Step right to side (2) weight back to left  
3&4 (3) Cross right over left (&) step left to left side (4) cross right over left  
5-6 (5) Step left to side (6) touch right back  
7-8 (7) Turn 1/2 to right ending with weight on right (8) step left forward
-