

Old Time Rock & Roll

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Sherry Olkonen (USA) - September 2022
音乐: 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
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