

# Old Time Rock & Roll

拍数: 32      墙数: 4      级数: High Beginner  
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音乐: Old Time Rock & Roll - Bob Seger



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## 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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