

# Old Time Rock & Roll

**COPPER KNOB**  
STEPPERS

拍数: 64                      墙数: 4                      级数: Improver  
编舞者: Ally Crabtree (AUS) & Carla Schell (AUS)  
音乐: Old Time Rock & Roll - Bob Seger



## HEEL TAPS, SWIVELS, KICK

- 1-2                      Tap left heel down twice (toes stay on ground)
- 3-4                      Swivel heels left and tap right heel down twice
- 5-6-7                      Swivel heels right, left, right
- 8                          Kick right foot out at a 45 degree angle

## URNS, STOMPS

- 9                          Turn ½ left on ball of left placing right foot beside left
- 10-11                      Kick left foot out at a 45 degree angle, step left beside right
- 12                          Kick right foot out at a 45 degree angle
- 13                          Turn ½ to right (backwards) bring right beside left
- 14-15-16                      Stomp left, stomp right, clap

## HEEL TAPS, HIP ROLLS

- 17-20                      Bend knees and tap both heels down four times
- 21-24                      Roll hips right, left, right, left (to the left)

## SHUFFLES, TURNS

- 25&26                      Shuffle right, left, right (moving right)
- 27&28                      Shuffle left, right, left turning a full circle (still moving right)
- 29-30                      Rock right back, rock left forward
- 31&32                      Shuffle right, left, right turning a full circle (moving left)
- 33&34                      Shuffle left, right, left (still moving left)
- 35-36                      Rock right straight back, rock left forward

## "FLY LIKE A BIRD" STEPS

- 37-38                      Step right forward turning ¼ left bumping hip right, left
- 39-40                      Pivot ¼ turn right on balls of both feet, clap
- 41-42                      Step left forward turning ¼ right bumping hip left, right
- 43-44                      Pivot ¼ turn left on balls of both feet, clap

## KICK, ROCK STEPS, SHIMMIES

- 45&46                      Kick right forward, step on right, step on left turning ¼ left
- 47&48                      Kick right forward, step on right, step on left
- 49-50                      Shimmy right shoulder forward at 45 degree angle
- 51-52                      Shimmy left shoulder back at 45 degree angle

## SAILOR SHUFFLES BACK

- 53&54                      Step right behind left, step left beside right, step right beside left
- 55&56                      Step left behind right, step right beside left, step left beside right

## FORWARD SHUFFLE, TURN, ROCKS, STOMPS

- 57&58                      Shuffle right forward (right, left, right)
- 59&60                      Shuffle left forward (left, right, left) turning ½ turn right
- 61-62                      Rock right back, rock left forward
- 63-64                      Stomp right, stomp left ending with toes pointing left

REPEAT

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