

# Old Time Rock And Roll

**COPPER KNOB**  
STEPPERS

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Terri Lineberry (USA) - April 2014  
音乐: Old Time Rock & Roll - Bob Seger : (CD: Bob Seger & The Silver Bullet Band - iTunes.com)



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Begin on word "OFF (Just take those records OFF)

## TOE STRUT RIGHT, ROCK RECOVER, CROSS SHUFFLE

1-2                      Step right toe to right, down on right heel  
3-4                      Cross left toe over right, down on left heel  
5-6                      Step right to right, recover on left  
7&8                      Step right over left, step left to left, step right over left

## TOE STRUT LEFT, ROCK RECOVER, CROSS SHUFFLE

1-2                      Step left toe to left, down on left heel  
3-4                      Cross right toe over left, down on right heel  
5-6                      Step left to left, recover on right  
7&8                      Step left over right, step right to right, step left over left

## SHUFFLE RIGHT FORWARD, SHUFFLE LEFT FORWARD, SHUFFLE RIGHT ½ TURN RIGHT, SHUFFLE LEFT BACK

1&2                      Step right forward, step left to right, step right forward  
3&4                      Step left forward, step right to left, step left forward  
5&6                      Step right ½ turn left, step left to right, step right forward  
7&8                      Step left back, step right to left, step left back

## RIGHT HEEL FORWARD, BACK, LEFT HEEL FORWARD, BACK, STEP RIGHT HEEL FORWARD, HOLD HIP BUMPS, RIGHT & LEFT

1&2                      Step right heel forward, step right together, step left heel forward  
&3-4                      Step left back together, step right heel forward, hold(slap right)  
5-6                      Bump hips right twice  
7-8                      Bump hips left twice

## BEGIN AGAIN

Contact: [buffy127@windstream.net](mailto:buffy127@windstream.net)

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