

Old Time Rock & Roll

COPPER KNOB
STEPPED
BY STEPS

拍數: 32 牆數: 4 級數: Beginner
編舞者: EunA Kim (KOR), JMP (KOR) & JDCA Family (KOR) - April 2022
音樂: Old Time Rock & Roll - Bob Seger



or Old Time Rock and Roll - Power Music Workout (35 Jock Jams 2 - Stadium Anthems)

Start : After 16 Count - No Tag and No Restart

S1 (1-8) Heel Grind 1/4 Turn Right, Coaster, Heel Grind 1/4 Turn Left, Coaster

- 1 - 4 Step R heel forward (1), 1/4 turn right step L backward (2), Step R backward (3), Step L next to R (&), Step R forward (4) – 3:00
- 5 - 8 Step L heel forward (5), 1/4 turn left step R backward (6), Step L backward (7), Step R next to L (&), Step L forward (8) – 12:00

S2 (1-8) Across Kick x 2, Chasse Side, Across Kick, Side Swing Kick, Sailor 1/4 Turn Left

- 1 - 4 Kick R across diagonal to left (1), Kick R across diagonal to left (2), Step R side (3), Step L next to R (&), Step R side (4)
- 5 - 8 Kick L across diagonal to right (5), Kick swing L side to left (6), Step L behind R (7), 1/4 turn left step R next to L (&), Step L forward (8) – 9:00

S3 (1-8) Boogie Walk (R-L-R-L), Rocking Chair

- 1 - 4 Boogie Walk x 4 (R-L-R-L)
- 5 - 8 Step R forward (5), Recover L (6), Step R backward (7), Recover L (8)

S4 (1-8) Right Swivel, Clap, Left Swivel, Clap

- 1 - 4 Swivel both heel to the right side (1), Swivel both toe to the right side (2), Swivel both heel to the right side (3), Clap (4)
- 5 - 8 Swivel both heel to the left side (5), Swivel both toe to the left side (6), Swivel both heel to the left side (7), Clap (8)

HAVE FUN ~~~

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<https://www.youtube.com/c/JMPLinedanceAtti>