

Old Time Rock & Roll

拍數: 64 牆數: 4 級數: Improver
編舞者: Ally Crabtree (AUS) & Carla Schell (AUS)
音樂: 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
