

Old Time Rock 'n' Roll

拍數: 32 牆數: 4 級數: Improver
編舞者: Maria Fransson (SWE)
音樂: Old Time Rock & Roll - Bob Seger



SKATE STEPS FORWARD, TOUCH SWITCHES, HEEL SWITCHES

1-4 Skate right diagonally forward (towards 1:00), skate left forward (towards 11:00), skate right diagonally forward (towards 1:00), skate left forward (towards 11:00)

Optional: arms: only on wall two. In the music he sings "You'll never get me to a disco!" On count 1, the right skate step you can put your right arm up slightly diagonally towards 1:00 and the left hand placed on left hip. On count 2 put your right arm down to the left side, across your body in the gap between your left side and left arm, on count 3-4 repeat 1-2

5&6& Touch right out to right side, step right next to left, touch left out to left side, step left next to right

7&8& Touch right heel forward, step right foot together with left, touch left heel forward, step left foot together with right (taking weight)

PIVOT TURN, TURNING SHUFFLE, ROCK STEP, WALK FORWARD LEFT RIGHT

1-2 Step right forward and make a ½ turn pivot turn left

3&4 Make a left turning shuffle stepping right forward and turn ¼ to left step left next to right and turn a ¼ to left, step back on right

5-6 Rock left foot back and recover weight on right

7-8 Walk forward left slightly crossing left over right, walk forward right slightly crossing right over left

BOX WITH ¼ TURNS, PADDLE TURNS LEFT

1&2&3&4& Step left forward (1) and turn a ¼ right (&) (keep weight on left and right foot next to left at all time, turn ¼ to right (2) and step right to right side (&) (taking weight on right and keeping left foot close to right, turn ¼ right (3) (keeping weight on right still with left foot next to right and step left to left side (&) (keeping weight and right foot close to left, turn ¼ right (4) and touch right out to right side (keeping weight on left (&))

5&6&7&8 Touch right foot forward (5) and push as you turn ¼ to left (&), repeat for three more counts, end with touching right foot to right side (8)

Optional: if you are having trouble with the box; you can simply replace those steps with cross step left over right(5), step back on right(6), step left to left side (7), touch right to right side(8).

SIDE BEHIND, RIGHT SHUFFLE, ROCK FORWARD, SAILOR TURN

1-2 Step right to right side, cross left behind

3&4 Step right to right side, step left next to right, step right to right side (third position)

5-6 Rock left foot forward, recover weight on right

7&8 Cross left foot behind right, step right foot next to left with a ¼ turn left, step forward on left

REPEAT