

# Old Time Rock & Roll

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Beginner  
編舞者: Milo Eve (NL) - April 2009  
音樂: Old Time Rock & Roll - Bob Seger



Intro 16 count /Outro 24 count.

Start at 12.00

**Toe, kick, coaster step, toe, kick, sailor step.**

- 1                      RF tap toe next to LF
- 2                      RF kick right and fwd
- 3                      RF step bwd
- &                      LF step next to RF
- 4                      RF step fwd
- 5                      LF tap toe next to RF
- 6                      LF kick left and fwd
- 7                      LF cross behind RF
- &                      RF ½ turn left, recover weight
- 8                      LF step left

at 06.00

**Shimmy, 2x hip fwd, shimmy, 2x hip fwd.**

- 9                      RF big step right and fwd
- 10                     LF drag next to RF
- 11                     RF hip fwd
- 12                     RF hip fwd
- 13                     LF big step left and fwd
- 14                     RF drag next to LF
- 15                     LF hip fwd
- 16                     LF hip fwd

at 06.00

**Toe strutt (clap), toe strutt ½ turn (clap), rock, tripple ½.**

- 17                     RF tap toe fwd
- 18                     RF heel down and clap
- 19                     LF ½ turn right, tap toe bwd
- 20                     LF heel down and clap
- 21                     RF step bwd
- 22                     LF recover weight
- 23                     RF ¼ turn left, step right
- &                      LF close
- 24                     RF ¼ turn left, step bwd

at 09.00

**Heel digs, cross behind, cross over, heel grind ¼ right, coaster, stomp.**

- 25                     LF tap heel fwd
- 26                     LF tap heel fwd
- 27                     LF cross behind RF
- &                      RF step right
- 28                     LF cross over RF
- 29                     RF tap heel fwd
- 30                     RF ¼ turn right on heel

31 RF step bwd  
& LF step next to RF  
32 RF stomp fwd  
**End at 09.00**

**Start again.**

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