拍數： 32
嚆數： 4
級數：Improver
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音樂：Old Time Rock \＆Roll－Bob Seger

Intro： 16 Counts（Approx． 8 Secs）
FORWARD，SIDE．BEHIND，SIDE，CROSS． $3 / 4$ UNWIND L，SIDE．BEHIND，SIDE，CROSS．
1－2 Step forward with right，step left to the left．
$3 \& 4 \quad$ Cross step right behind left，step left to the left，cross step right over left．
5－6 Unwind a $3 / 4$ turn left，step right to the right．
7\＆8 Cross step left behind right，step right to the right，cross step left over right．（3 o＇clock）
SIDE ROCK，RECOVER．CROSS SHUFFLE．SIDE ROCK，RECOVER ¼ TURN R．SHUFFLE FORWARD．
1－2 Rock right to the right，recover onto left．
3\＆4 Cross step right over left，close left up to right，cross step right over left．
5－6 Rock left to the left，make a $1 / 4$ turn right recovering onto right．
$7 \& 8 \quad$ Step forward with left，close right up to left，step forward with left．（6 o＇clock）
HEEL SWITCHES．STEP，PIVOT ½ TURN L．HEEL SWITCHES．STEP，PIVOT $1 ⁄ 4$ TURN L．
1\＆2\＆Tap right heel forward，step right next to left，tap left heel forward，step left next to right．
3－4
Step forward with right，pivot a $1 / 2$ turn left．
5\＆6\＆Tap right heel forward，step right next to left，tap left heel forward，step left next to right．
7－8 Step forward with right，pivot a $1 / 4$ turn left．（ 9 o＇clock）
JAZZ BOX with TOGETHER．JAZZ JUMPS；FORWARD，BACK，FORWARD，BACK．
1－2－3－4 Cross step right over left，step back with left，step right to the right，step left next to right．
\＆5\＆6 Jump forward onto right foot，jump left next to right with a small gap，jump back with right foot，jump left next to right with a small gap．
\＆7\＆8 Repeat Counts \＆5\＆6 of this Section．（9 o＇clock）
Optional：As you do the JAZZ BOX feel free to pull out your Air Guitar and give it a quick play．
End of Dance．Start again and Enjoy！

