

# That Old Time Rock 'n' Roll

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Lesley Clark (SCO) - September 2011  
音樂: Old Time Rock & Roll - Bob Seger



**Intro: 16 count intro, start on vocals**

**SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, ¼ TURN, STEP**

- 1-2                      Rock right out to right side, recover
- 3&4                     Step right behind left, step left to left side, cross step right over left
- 5-6                     Rock left out to left side, recover
- 7&8                     Step left behind right, ¼ turn right stepping forward on right, step forward on left

**HEEL SWITCHES, WALK FORWARD, HEEL SWITCHES, WALK FORWARD**

- 1&2&                    Touch right heel forward, bring back in place, touch left heel forward, bring back in place
- 3-4                     Walk forward right, left
- 5&6&                    Touch right heel forward, bring back in place, touch left heel forward, bring back in place
- 7-8                     Walk forward right, left

**KICK-BALL CHANGE ¼ TURN X2, JAZZ BOX CROSS**

- 1&2                     Kick right foot forward, bring back in place, ¼ turn left stepping forward on left
- 3&4                     Kick right foot forward, bring back in place, ¼ turn left stepping forward on left
- 5-6                     Cross step right over left, step back on left
- 7-8                     Step right to right side, cross step left over right

**SIDE SHUFFLE, ROCK, RECOVER, ¼ TURN, ¼ TURN, CROSS SHUFFLE**

- 1&2                     Step right to right side, step left next to right, step right to right side
- 3-4                     Rock back on left, recover
- 5-6                     ¼ turn right stepping back on left, ¼ turn right stepping right to right side
- 7&8                     Cross step left over right, step right to right side, cross step left over right

**Start again.....Happy Dancing**

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