

Old Time Rock And Roll

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Terri Lineberry (USA) - April 2014
音樂: Old Time Rock & Roll - Bob Seger : (CD: Bob Seger & The Silver Bullet Band - iTunes.com)



Begin on word "OFF (Just take those records OFF)

TOE STRUT RIGHT, ROCK RECOVER, CROSS SHUFFLE

1-2 Step right toe to right, down on right heel
3-4 Cross left toe over right, down on left heel
5-6 Step right to right, recover on left
7&8 Step right over left, step left to left, step right over left

TOE STRUT LEFT, ROCK RECOVER, CROSS SHUFFLE

1-2 Step left toe to left, down on left heel
3-4 Cross right toe over left, down on right heel
5-6 Step left to left, recover on right
7&8 Step left over right, step right to right, step left over left

SHUFFLE RIGHT FORWARD, SHUFFLE LEFT FORWARD, SHUFFLE RIGHT ½ TURN RIGHT, SHUFFLE LEFT BACK

1&2 Step right forward, step left to right, step right forward
3&4 Step left forward, step right to left, step left forward
5&6 Step right ½ turn left, step left to right, step right forward
7&8 Step left back, step right to left, step left back

RIGHT HEEL FORWARD, BACK, LEFT HEEL FORWARD, BACK, STEP RIGHT HEEL FORWARD, HOLD HIP BUMPS, RIGHT & LEFT

1&2 Step right heel forward, step right together, step left heel forward
&3-4 Step left back together, step right heel forward, hold(slap right)
5-6 Bump hips right twice
7-8 Bump hips left twice

BEGIN AGAIN

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