

# Old Time Rock

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**Count:** 32

**Wall:** 4

**Level:** Newcomer

**Choreographer:** Belén Márquez / Marzo 2017

**Music:** Old Time Rock & Roll by Michael Bolton

**Intro: The dance begins when he says “off the shelf” and the music starts**

**CROSS, BACK, SIDE, SHUFFLE DIAGONAL FORWARD, POINT, POINT, CROSS SHUFFLE DIAGONAL FORWARD**

- 1-2-3** Cross Right over Left, Step Left back, step Right side
- 4&5** Shuffle diagonally left forward (left-right-left)
- 6-7** Point Right Toe diagonally left forward, Point Right Toe diagonally Right back
- 8&1** Cross Shuffle (right-left-right) diagonally left forward

**STEP TURN, TRAVELLING PIVOT, POINT, POINT, SAILOR STEP 1/8 TURN LEFT**

- 2-3** Step Left diagonally Left forward, turn  $\frac{1}{2}$  right (in opposit diagonally)
- 4-5** Turn  $\frac{1}{2}$  Right and step Left back, Turn  $\frac{1}{2}$  right and step right forward
- 6-7** Point Left Toe forward, Point left Toe to side
- 8&1** Sailor Step (Left-right-left) and turn  $\frac{1}{8}$  left (15.00)

**PADDLE  $\frac{1}{4}$  LEFT X2, OUT-OUT (WITH HIP ROLLS), HOP BACK X2**

- 2-3** Step right forward, Turn  $\frac{1}{4}$  left (12.00)
- 4-5** Step right forward, Turn  $\frac{1}{4}$  (9.00)
- 6-7** Step Right side with hip roll, step Left side with hip roll
- 8-1** Hop back for 2 times (with two feet)

**SHUFFLE BACK X2, COASTE STEP, STEP**

- 2&3** Shuffle back (Right, Left, right) - turn your body to the Right side
- 4&5** Shuffle back (left, right, left) - turn your body to the left side
- 6&7** Step right back, step left together, step right forward
- 8** Step left forward

**REPEAT**

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