

# ROCK 4 OLD TIMES

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**Count:** 32      **Wall:** 4      **Level:** beginner

**Choreographer:** Jo Conroy

**Music:** Old Time Rock & Roll by Bob Seger

## RIGHT SIDE SHUFFLE, LEFT BACK ROCK, LEFT SIDE SHUFFLE RIGHT BACK ROCK

- 1&2      Shuffle right right-left-right
- 3-4      Rock left behind right, recover on to right
- 5&6      Shuffle left left-right-left
- 7-8      Rock right behind left, recover on to right

## SHUFFLE ½ TURN LEFT ROCK BACK RECOVER, SHUFFLE HALF TURN RIGHT ROCK BACK, RECOVER

- 1&2      Make a half turn left & shuffle right-left-right
- 3-4      Rock back on left recover on to right
- 5&6      Make a half turn right & shuffle left-right-left
- 7-8      Rock back on right recover on to left

## SWITCH & SWITCH & WALK RIGHT LEFT TWICE

- 1&2      Touch right toe forward, step weight on to right foot, touch left toe forward
- &3-4      Step weight on to left, walk right left
- 5&6      Repeat 1&2
- &7-8      Repeat &3-4

## MONTEREY ¼ TURN RIGHT, SWITCHES ½ TURN LEFT

- 1-2      Point right toe to right side, ¼ turn right stepping right next to left
- 3-4      Point left toe to left side, step left next to right (weight on left)
- 5&6      Touch right heel forward & step right next to left, make ¼ turn left & touch left heel forward
- &7      Step weight on to left & touch right heel forward
- &8      Step weight on to right, ¼ turn left touching left heel forward
- &      Bring weight on to left

## REPEAT

