

# AB Old Time R & R

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**Count:** 32                      **Wall:** 1                      **Level:** Absolute Beginner

**Choreographer:** Janet Cummings - USA - April 2019

**Music:** Old Time Rock and Roll - Bob Seger and The Silver Bullet Band. Album: Ultimate Hits - BPM: 124 - Length 3:16

**Intro: 16 Counts - No Tags or Restarts**

**SECTION 1: R STEP FORWARD, L POINT TO SIDE, L STEP FORWARD, R POINT TO SIDE; R STEP BACK, L POINT TO SIDE, L STEP BACK, R POINT TO SIDE**

**1-4: R Step Forward, L Point to Side, L Step Forward, R Point to Side**

**5-8: R Step Back, L Point to Side, L Step Back, R Point to Side**

**SECTION 2: R SIDE TO SIDE, TOUCH; L SIDE TO SIDE, TOUCH**

**1, 2, 3, 4: R Step to Side, L Follow, R Step to Side, L Touch**

**5, 6, 7, 8: L Step to Side, R Follow, L Step to Side, R Touch**

**SECTION 3: NOT A MIRRORED SECTION!!!**

**R FORWARD DOUBLE HIP BUMP, L BACK DOUBLE HIP BUMP; R ROCK BACK, L RECOVER, R HEEL BRUSH, R TOE TOUCH**

**1, 2: R Step Forward With Weight, Bump Hip Forward Twice**

**3, 4: L Step Back With Weight, Bump Hip Back Twice**

**5, 8: R Rock Back, L Recover, Brush R Heel Forward, R Toe Touch**

**SECTION 4: K - STEP**

**1-4: R Step Forward Diagonal, L Touch; L Step Back Diagonal, R Touch**

**5-8: R Step Back Diagonal, L Touch; L Step Forward Diagonal, R Touch**

**This AB series of dances was written for inexperienced dancers everywhere. Remember, use Small Steps, be friendly and courteous, and most important - have fun!**

**Note: There is no limit to song choice or genre for the easy dances in this series. Try them out whenever, wherever!**

**Studies show that Dance enhances Physical and Mental health! Thanks for your support.**

**Contact: [jcumplings246@aol.com](mailto:jcumplings246@aol.com)**

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