

# OLD TIME ROCK & ROLL

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**Count:** 64

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Ally Crabtree & Carla Schell

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

## HEEL TAPS, SWIVELS, KICK

- 1-2 Tap left heel down twice (toes stay on ground)
- 3-4 Swivel heels left and tap right heel down twice
- 5-6-7 Swivel heels right, left, right
- 8 Kick right foot out at a 45 degree angle

## TURNS, STOMPS

- 9 Turn  $\frac{1}{2}$  left on ball of left placing right foot beside left
- 10-11 Kick left foot out at a 45 degree angle, step left beside right
- 12 Kick right foot out at a 45 degree angle
- 13 Turn  $\frac{1}{2}$  to right (backwards) bring right beside left
- 14-15-16 Stomp left, stomp right, clap

## HEEL TAPS, HIP ROLLS

- 17-20 Bend knees and tap both heels down four times
- 21-24 Roll hips right, left, right, left (to the left)

## SHUFFLES, TURNS

- 25&26 Shuffle right, left, right (moving right)
- 27&28 Shuffle left, right, left turning a full circle (still moving right)
- 29-30 Rock right back, rock left forward
- 31&32 Shuffle right, left, right turning a full circle (moving left)
- 33&34 Shuffle left, right, left (still moving left)
- 35-36 Rock right straight back, rock left forward

## "FLY LIKE A BIRD" STEPS

- 37-38 Step right forward turning  $\frac{1}{4}$  left bumping hip right, left
- 39-40 Pivot  $\frac{1}{4}$  turn right on balls of both feet, clap

**41-42** Step left forward turning  $\frac{1}{4}$  right bumping hip left, right

**43-44** Pivot  $\frac{1}{4}$  turn left on balls of both feet, clap

### **KICK, ROCK STEPS, SHIMMIES**

**45&46** Kick right forward, step on right, step on left turning  $\frac{1}{4}$  left

**47&48** Kick right forward, step on right, step on left

**49-50** Shimmy right shoulder forward at 45 degree angle

**51-52** Shimmy left shoulder back at 45 degree angle

### **SAILOR SHUFFLES BACK**

**53&54** Step right behind left, step left beside right, step right beside left

**55&56** Step left behind right, step right beside left, step left beside right

### **FORWARD SHUFFLE, TURN, ROCKS, STOMPS**

**57&58** Shuffle right forward (right, left, right)

**59&60** Shuffle left forward (left, right, left) turning  $\frac{1}{2}$  turn right

**61-62** Rock right back, rock left forward

**63-64** Stomp right, stomp left ending with toes pointing left

### **REPEAT**