

## Old Time Rock & Roll

32 Count, 4 Wall, Beginner

Choreographer: Cindy Burnett (USA) June 2014

Choreographed to: Old Time Rock & Roll by Bob Seger,  
CD: Greatest Hits (128 bpm)

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Start dancing on lyrics

### **RIGHT ANKLE ROCK, TRIPLE STEP, LEFT ANKLE ROCK, TRIPLE STEP**

- 1-4 Cross/rock right over, recover to left, triple in place left-right-left  
5-8 Cross/rock left over, recover to right, triple in place right-left-right

### **½ LEFT, ½ LEFT, SHUFFLE FORWARD**

- 1-4 Step right forward, turn ½ left (weight to left), step right forward, turn ½ left (weight to left)  
5&6-7&8 Chassé forward right-left-right, chassé forward left-right-left

### **ROCK, RECOVER, SHUFFLE BACK, ROCK, RECOVER**

- 1-2 Rock right forward, recover to left  
3&4-5&6 Chassé back right-left-right, chassé back left-right-left  
7-8 Rock right back, recover to left

### **RIGHT VINING SHUFFLE, LEFT VINING SHUFFLE WITH TURN ¼ RIGHT**

- 1-2-3&4 Step right side, cross left behind, chassé side right-left-right  
5-6-7&8 Step left side, cross left behind, chassé side left-right-left turning ¼ left