

## Old Time Rock And Roll

32 Count, 2 Wall, Improver

Choreographer: Terri Lineberry (Aus) April 2014

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

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Start dancing on lyrics

### **TOE STRUT RIGHT, ROCK RECOVER, CROSS SHUFFLE**

- 1-2 Step right toe side, lower right heel
- 3-4 Cross left toe over, lower left heel
- 5-6 Rock right side, recover to left
- 7&8 Crossing chassé right-left-right

### **TOE STRUT LEFT, ROCK RECOVER, CROSS SHUFFLE**

- 1-2 Step left toe side, lower left heel
- 3-4 Cross right toe over, lower right heel
- 5-6 Rock left side, recover to right
- 7&8 Crossing chassé left-right-left

### **SHUFFLE FORWARD RIGHT, SHUFFLE FORWARD LEFT, SHUFFLE RIGHT ½ TURN RIGHT, SHUFFLE LEFT BACK**

- 1&2 Chassé forward right-left-right
- 3&4 Chassé forward left-right-left
- 5&6 Chassé forward right-left-right turning ½ left
- 7&8 Chassé back left-right-left

### **RIGHT HEEL FORWARD, BACK, LEFT HEEL FORWARD, BACK, STEP RIGHT HEEL FORWARD, HOLD HIP BUMPS, RIGHT & LEFT**

- 1&2& Touch right heel forward, step right together, touch left heel forward, step left together
- 3-4 Touch right heel forward, hold (slap right)
- 5-6 Hip right, hip right
- 7-8 Hip left, hip left