

Old Time Rock n Roll

32 count, 4 wall, beginner/intermediate level
Choreographer: Betty McNeill (Scotland) Aug 2005
Choreographed to: Old Time Rock n Roll by Bob
Segar, Album: Stranger In Town (130 bpm)

STEPS FORWARD AND BACK / COASTER STEP / 2 WALKS

123 Step forward on R foot then L foot- Step back on R foot-
4 & 5 Step back on L foot then quickly step onto R foot – Step forward onto L foot
6 7 Walk forward on R then L

½ MONTERAY TURN/ R SHUFFLE / ROCK FORWARD AND BACK

8 1 2 3 Touch R Foot to R side- keeping weight on L foot turn ½ right stepping down on R foot
Touch L foot to L side- Step L foot to R foot
4 & 5 Shuffle forward R L then R
6 7 Rock forward onto L foot and replace Weight back onto R foot

½ TRIPLE TURNING LEFT L / TOE STRUTS R AND L /ROCK BACK AND REPLACE /

8 & 1 Take three quick steps on L R L making a ½ to L
2345 Toe Strut with R foot and L foot
6 7 Rock Back on R foot then replace onto L foot

STEP AND PIVOT ½ LEFT / KICK BALL CHANGE R /SIDE ROCK/SYNCOPATED WEAVE WITH ¼ TURN L

8 1 Step forward onto R foot and pivot turn to left
2 & 3 Kick R Foot forward- step onto R foot and quick step onto L foot-
4 5 Rock R foot to R Side
6&7&8& Step R foot Behind L foot-step L foot to L side – Step R foot across in front of L foot –
Step L foot to L side – Step R Foot behind L foot - turning ¼ turn to L Step L foot forward

Hope You Enjoy !