

Good Old Rock & Roll

32 Count, 4 Wall, Improver

Choreographer: Adrian Helliker (France) & Annemaree Sleeth,
(Australia) Feb 2015

Choreographed to: Never Too Old by Heartbeat (167 bpm)

Intro: 16 counts into track approx 6 seconds into track.

1-8 V STEP OUT, OUT, IN, IN

- 1-2 Step R diag forward, step L diag forward,
- 3-4 Step R diag back , step L together
- 5-6 Step R diag forward, step L diag forward
- 7-8 Step R diag back , step L together

9-16 HEEL SWIVELS R, HEEL SWIVELS L

- 1-2 Swivel heels R, swivels toes R,
- 3-4 Swivel heels R, hold clap
- 5-6 Swivel heels L, swivels toes L,
- 7-8 Swivel heels L, hold clap (wgt L)

*** Easier Option SIDE TOGETHER SIDE TOUCHES**

- 1-2 Step R side, step L together,
- 3-4 Step R side, touch L together
- 5-6 Step L side, step R together,
- 7-8 Step L side, touch R together (wgt L)

#Restart Here – wall 8

17-24 SIDE STRUT, CROSS STRUT, SCISSOR CROSS & HOLD

- 1-2 Point R toe to R side, drop R heel down,
- 3-4 Cross L toe over right, drop L heel down
- 5-6 Step R side, step L together,
- 7-8 Cross R over L , hold clap

25-32 SIDE STRUT, CROSS STRUT, ¼ R L COASTER

- 1-2 Point L toe to side, drop L heel down
- 3-4 Cross R toe over right, drop R heel down
- 5-6 Turn ¼ R Step L back,
- 7-8 Step R together , step L forward , hold

Restart: during wall 8 (9:00) your dance up to 16 counts and Restart from beginning

Tags: end of walls 3, 4, 9, 10

- 1-4 Hips right, left, right, left

-1st Tag wall 3 f – 9.00

-2nd Tag wall 4 f – 12 .00

-3rd Tag wall 9 f – 12 .00

-4th Tag wall 10 f – 3 .00

To finish Step R forward , arms both out to side and pose ? facing (12:00)

Music from: <http://www.heartbeatduo.com.au>