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Sweet Old Rock And Roll (EZ)

32 Count, 2 Wall, Absolute Beginner

Choreographer: Molly Yeoh (MY) Feb 2017

Choreographed to: Old Time Rock & Roll by Michael Bolton

Intro: 16 Counts - No Tag, No Restart

Section 1 Open Open Closed Closed, Forward Step Hitch, Twice

1-2 Step fwd diagonal right to right, step diagonal left to left

3-4 Step back R and step back L beside R

5-6-7-8 Step right fwd, left hitch, left fwd, right hitch

Section 2 Toe Strut Behind, Toe Heel Front, ¼ Left Turn

1-2 Step R fwd down, L toe strut behind R

3-4 Step L down, R fwd heel

5-6 Repeat 1-2

7-8 L ¼ turn step down, R step beside L (face 9 o'clock)

Section 3 Vine To Right, R Chasse, L Rock Back Recover, Right Touch

1-2-3-4 R step to R, L behind, R step to R, L cross over R

5&6 Step R to R, L closed on R, R step to R,

7-8 L rock back recover with R heel touch fwd

Section 4 Right Forward, Left Touch To Left, Left Forward, Right Touch To Right Side, Paddle ¼ Left Turn, Step Down

1-2, 3-4 Step R fwd down, L point to L, step L fwd, R point to R

5-6 R step fwd with a ¼ Left turn, L step beside R (face 6 o'clock)

7-8 R step beside L, L step on spot.

Hope your beginners can enjoy this dance too! Thank you and let's ROCK!