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Old Time Rock

32 Count, 4 Wall, Beginner

Choreographer: Belén Márquez / Marzo 2017

Choreographed to: Old Time Rock & Roll by Michael Bolton

Intro: The dance begins when he says "off the shelf" and the music starts

S1 Cross, Back, Side, Shuffle Diagonal Forward, Point, Point, Cross Shuffle Diagonal Forward

1-2-3 Cross Right over Left, Step Left back, step Right side

4&5 Shuffle diagonally left forward (left-right-left)

6-7 Point Right Toe diagonally left forward, Point Right Toe diagonally Right back

8&1 Cross Shuffle (right-left-right) diagonally left forward

S2 Step Turn, Travelling Pivot, Point, Point, Sailor Step 1/8 Turn Left

2-3 Step Left diagonally Left forward, turn $\frac{1}{2}$ right (in opposit diagonally)

4-5 Turn $\frac{1}{2}$ Right and step Left back, Turn $\frac{1}{2}$ right and step right forward

6-7 Point Left Toe forward, Point left Toe to side

8&1 Sailor Step (Left-right-left) and turn $\frac{1}{8}$ left (15.00)

S3 Paddle $\frac{1}{4}$ Left X2, Out-Out (WITH Hip Rolls), Hop Back X2

2-3 Step right forward, Turn $\frac{1}{4}$ left (12.00)

4-5 Step right forward, Turn $\frac{1}{4}$ (9.00)

6-7 Step Right side with hip roll, step Left side with hip roll

8-1 Hop back for 2 times (with two feet)

S4 Shuffle Back X2, Coaste Step, Step

2&3 Shuffle back (Right, Left, right) - turn your body to the Right side

4&5 Shuffle back (left, right, left) – turn your body to the left side

6&7 Step right back, step left together, step right forward

8 Step left forward

REPEAT

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