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## Funky Sole - Contra

32 Count, 1 Wall, Beginner

Choreographer: Inge Vestergård & Lene Mainz Pedersen (DK)  
Apr 2017

Choreographed to: Old Time Rock & Roll by Michael Bolton

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### Make 2 Circles - The Inner Circle Facing The Outer Circle

#### #16 Count Intro

##### Section 1: Walk Fwd X3, Clap Hands, Walk Back X3, Point Back & Clap

1 – 4 Walk fwd R, L, R, make a small hitch fwd with L and clap hands with the one standing in front of you

5 – 8 Walk back L, R, L, Point R toe back while clap hands

##### Section 2: Run A Full Circle Clockwise As You Hook Your R Arm With The One In Front Of You

1 – 8 Cross R in front of L as you Hook your R arm with the one standing in front of you and run a full circle clockwise R,L,R,L,R,L,R,L (You will now be standing on the same place, as you started this sec.)

##### Section 3: Twist R, Twist L

1 – 2 Twist Heels R, Twist Toes R

3 & 4 Twist Heels R, Twist Toes R, Twist Heels R

5 – 6 Twist Heels L, Twist Toes L

7 & 8 Twist Heels L, Twist Toes L, Twist Heels L (weight on L)

##### Section 4: Vine R, Step L Together, Jump Fwd & Clap, Jump Back & Clap

1 – 4 Step R to R side, cross L behind R, Step R to R side, Step L beside R (with a small distance between feet)

&5 – 6 Jump fwd R to R diagonal, Jump fwd L to L diagonal, HOLD & CLAP

&7 – 8 Jump back on R to center, Jump back on L to center, HOLD & CLAP (weight on L)

#### Start Again – Be Happy And Smile

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