

Can You Rock?

64 count, 4 wall, beginner level

Choreographer: Terry McHugh (UK) March 2005
Choreographed to: Old Time Rock and Roll by Bob
Seager (128 bpm)

Start on vocals " Off the Shelf"

Right kick ball change, stomps x 2, right kick ball change, stomps x 2.

1&2 kick R leg fwd, step R beside L, step L in place (weight on L).
3-4 stomp on R, push hips left, stomp on L, push hips right. (give hips plenty of wellie !!)
5-8 repeat steps 1-4.

Shuffle right, back rock, ½ turn right, cross shuffle.

1&2 shuffle right, R, L, R.
3-4 rock back on L, recover on R.
5-6 step L to left side, pivot ½ turn on L foot, place R beside L.
7-8 cross shuffle right, L, R, L,

Rock fwd on R, with ¼ turn right back shuffle, back rock fwd shuffle.

1-2 step fwd on R, with ¼ turn right, rock back on to L,
3&4 shuffle back R, L, R,
5-6 rock back on L, rock fwd on R,
7&8 shuffle fwd L, R, L.

Right kick ball change, stomps x 2, right kick ball change, stomps x 2.

1-8 repeat section 1

Right shuffle, cross shuffle, side rock, cross shuffle.

1&2 shuffle right, R, L, R,
3&4 cross shuffle right, L, R, L,
5-6 rock to right side, rock to left side.
7&8 cross shuffle left, R, L, R,

¼ turn right, front kick, sailor steps x2 with ¼ turn right.

1-2 step L to left side with ¼ turn right, kick R leg fwd.
3&4 step R behind L, step L beside R, step R in place
5&6 step L behind R, step R beside L, with ¼ turn right, step L beside R,
7-8 rock back on R, rock fwd on L.

Rock and coaster step x2.

1-2 rock fwd on R, rock back on L
3&4 step back on R, step L beside R, step fwd on R.
5-6 rock fwd on L, rock back on R,
7&8 step back on L, step R beside L, step fwd on L,

Heel jacks and diagonal fwd slidex2

1&2& dig R heel fwd, step R beside L, dig L heel fwd, step L beside R.
3-4 slide R diagonally fwd, step L beside R
5&6& dig L heel fwd, step L beside R, dig R heel fwd, step R beside L,
7-8 slide L diagonally fwd, step R beside L. (weight on L)
