

Can You Rock? (Short Version)

32 count, 4 wall, beginner level

Choreographer: Terry McHugh (UK) May 2006
Choreographed to: Old Time Rock And Roll by Bob
Seager (128 bpm)

Start on vocals "off the shelf"

Right kick ball change, stomps x2, right kick ball change, stomps x2

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

Shuffle right, backrock, 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 right on L footstep R beside L,
7&8 cross shuffle L, R, L.

Step fwd on R, with ¼ turn right, step back on L, back shuffle, back rock, fd shuffle

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

Heel jacks and diagonal slides x2

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),
