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That old Time Rock 'n' Roll

Choreographer: Lesley Clark

Count: 32

Wall: 4

Level: Improver

Intro: 16 counts, start on vocals

Music: "Old Time Rock 'n' Roll" by Bob Seger

SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, ¼ TURN, STEP

1-2 Rock right out to right side, recover
3&4 Step right behind left, step left to left side, cross step right over left
5-6 Rock left out to left side, recover
7&8 Step left behind right, ¼ turn right stepping forward on right, step forward on left

HEEL SWITCHES, WALK FORWARD, HEEL SWITCHES, WALK FORWARD

1&2& Touch right heel forward, bring back in place, touch left heel forward, bring back in place
3-4 Walk forward right, left
5&6& Touch right heel forward, bring back in place, touch left heel forward, bring back in place
7-8 Walk forward right, left

KICK-BALL CHANGE ¼ TURN X2, JAZZ BOX CROSS

1&2 Kick right foot forward, bring back in place, ¼ turn left stepping forward on left
3&4 Kick right foot forward, bring back in place, ¼ turn left stepping forward on left
5-6 Cross step right over left, step back on left
7-8 Step right to right side, cross step left over right

SIDE SHUFFLE, ROCK, RECOVER, ¼ TURN, ¼ TURN, CROSS SHUFFLE

1&2 Step right to right side, step left next to right, step right to right side
3-4 Rock back on left, recover
5-6 ¼ turn right stepping back on left, ¼ turn right stepping right to right side
7&8 Cross step left over right, step right to right side, cross step left over right

Repeat



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