



www.country-stafke.be

Old Time Rock and Roll

Choreographer : Janet (Zhen Zhen) Ge

Type of dance : 4 Wall

Level : Improver

Counts : 32

Intro : 12 counts

Music : Old Time Rock and Roll – by Campbell Brothers

(No Tag, No Restart)

Section 1 Forward, 1/2 Turn L, Forward Shuffle, Side, Touch, Side, Touch

- 12 Step right forward, 1/2 turn L weight on right with left knee popped (6:00)
- 3&4 Step left forward, step right next to left, step left forward
- 56 Step right to side bending your knees, touch left to side straighten your knees
- 78 Step left to side bending your knees, touch right to side straighten your knees

Section 2 Sailor Cross, 1/4 Turn R Mambo Forward, Toe, Heel, Toe, Heel

- 1&2 Cross right behind left, step left to side, cross right over left
- 3&4 Rock left to side, 1/4 turn R recovering on right, step left forward (9:00)
- 56 Touch right toe to side with left heel toward R, touch right heel to side with left toe toward R
- 78 Touch right toe to side with left heel toward R, touch right heel to side with left toe toward R

Section 3 Side Shuffle, 1/4 Turn L Side Shuffle, Touch, Hold, Tog, Touch Switch,

- 1&2 Step right to side, step left together, step right to side
- 3&4 1/4 Turn L stepping left to side, step right together, step left to side (6:00)
- 56& Touch right heel forward, hold, step right together
- 7&8 Touch left heel forward, step left together, touch right heel forward

Section 4 1/4 Turn R Jazz Box Step, Stomp, Stomp, Apple Jack

- 1234 Cross right over left, 1/4 turn R stepping left back, step right to side, step left forward (9:00)
- 56 Stomp right to side, stomp left to side
- &7 Twist right toe toward R with left heel toward L, both feet return back
- &8 Twist left toe toward L with right heel toward R, both feet return back

Easy Option: Twist right heel in (&), return back (7), twist left heel in (&), return back (8)

START AGAIN

Contact Email: 93806188@qq.com

www.country-stafke.be