

Old Time Rock And Roll

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Janet (Zhen Zhen) Ge (CN) - June 2025

(No Tag, No Restart)

Intro: 12 counts (Approx 5 secs)

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 Over Again!

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