



BroncoBeat

Old Time Rock & Roll

Choreographed by Dennis Foley & Verity Mills

Description: 32 count, 4 wall, beginner/intermediate line dance

Music: **Old Time Rock & Roll** by Bob Seger [128 bpm / [Greatest Hits](#)]

Start dancing on lyrics

TWO "V'S" (FORWARD, FORWARD, BACK, CLOSE, FORWARD, FORWARD, BACK, CLOSE)

1-2 Step right diagonally forward, step left diagonally forward

3-4 Step right back diagonally left, step left back beside right

5-6 Step right diagonally forward, step left diagonally forward

7-8 Step right back diagonally left, step left back beside right

RIGHT SHUFFLE, ROCK, ROCK, LEFT SHUFFLE, TURN, STOMP, STOMP

1&2 Chassé side right, left, right

3-4 Step left back behind right, rock right forward

5&6 Chassé side left, right, left

&7 Turn ½ right on left foot, stomp right foot to side

8 Stomp left foot to side (feet apart)

ELVIS KNEES (RIGHT, LEFT, RIGHT), HOLD

1-2 Pop right knee in turning right heel out, pop left knee in turning left heel out

3-4 Pop right knee in turning right heel out, hold

TURN, FOUR RIGHT HIP BUMPS (STRUMMING YOUR GUITAR)

5 Turn ¼ left and bump right hip to right side

6-8 Extend left leg and touch left heel and bump right hip three times

Styling: while dancing the above four beats lean back diagonally right and strum your guitar four times with your right hand

TURNING THREE STEP REGGAE, FORWARD

1-3 Cross left over right, step right back, turn ¼ left and step left to side

4 Step right forward

TURN ¼ LEFT BOUNCING HEELS & CLICKING FINGERS

5-7 Turning ¼ left bouncing heels three times and clicking fingers

8 Recover to left

Styling: while dancing the first three beats lean out to your right, extend left hand out to side, raise right hand to shoulder height and click fingers three times

REPEAT