



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  $\frac{1}{2}$  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  $\frac{1}{4}$  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  $\frac{1}{4}$  left and step left to side

4 Step right forward

### **TURN $\frac{1}{4}$ LEFT BOUNCING HEELS & CLICKING FINGERS**

5-7 Turning  $\frac{1}{4}$  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**