

OLD TIME ROCK AND ROLL

Level: Beginner

Intro: Wait until piano cords and the 4 beats

START ON LEFT FOOT

Artist: Bob Seger Band

Song: Old Time Rock and Roll

Choreo: Marty Maddox, Jacksonville FL

SEQUENCE: Entire sequence is repeated until end – adding 2 basics for ending to face front.

Triple Hop/Kick Fwd. DS DS DS Hop/Kick
 L R L L R

Triple Back DS DS DS RS (backing up)
 R L R LR

(Repeat the above two steps)

Push-Off Left DS RS RS RS
 L RL RL RL

Push-Off Right DS RS RS RS
 R LR LR LR

4 Dble Brush-ups DS BU-H DS BU-H DS BU-H DS BU-H
 L R L R L R L R L R L R

4 Basics DS RS DS RS DS RS DS RS
 L RL R LR L RL R LR

4 Outhouses DS TCH(ots)-H TCH(xif)-H TCH(ots)-H (Repeat 3 more times -
 L R L R L R L opposite footwork)

4 Basics (Turn $\frac{3}{4}$ L) DS RS DS RS DS RS DS RS
 L RL R LR L RL R LR

REPEAT ALL THE ABOVE TO END – THEN ADD 2 BASICS TO FACE FRONT