

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 Brush Fwd.

DS DS DS BR
L R 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

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 ¾ 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