

# ROCK 4 OLD TIMES

Count: 32    Wall: 4    Level: beginner

Choreographer: Jo Conroy

Music: Old Time Rock & Roll by Bob Seger

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## RIGHT SIDE SHUFFLE, LEFT BACK ROCK, LEFT SIDE SHUFFLE RIGHT BACK ROCK

- 1&2            Shuffle right right-left-right
- 3-4            Rock left behind right, recover on to right
- 5&6            Shuffle left left-right-left
- 7-8            Rock right behind left, recover on to right

## SHUFFLE ½ TURN LEFT ROCK BACK RECOVER, SHUFFLE HALF TURN RIGHT ROCK BACK, RECOVER

- 1&2            Make a half turn left & shuffle right-left-right
- 3-4            Rock back on left recover on to right
- 5&6            Make a half turn right & shuffle left-right-left
- 7-8            Rock back on right recover on to left

## SWITCH & SWITCH & WALK RIGHT LEFT TWICE

- 1&2            Touch right toe forward, step weight on to right foot, touch left toe forward
- &3-4           Step weight on to left, walk right left
- 5&6            Repeat 1&2
- &7-8           Repeat &3-4

## MONTEREY ¼ TURN RIGHT, SWITCHES ½ TURN LEFT

- 1-2            Point right toe to right side, ¼ turn right stepping right next to left
- 3-4            Point left toe to left side, step left next to right (weight on left)
- 5&6            Touch right heel forward & step right next to left, make ¼ turn left & touch left heel forward
- &7             Step weight on to left & touch right heel forward
- &8             Step weight on to right, ¼ turn left touching left heel forward
- &              Bring weight on to left

## REPEAT