

Old Fashion Rock

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Sandy Kerrigan (AUS)

Music: Rock 'N' Roll Man - Cagey Strings Band



LEFT SIDE SHUFFLE, CROSS FLICK, ¼ RIGHT BALL STEP, SHUFFLE LEFT FORWARD

- 1&2 Step left to left, step right together, step left to left
- 3-4 Cross right over left, flick left low and to left side
- &5-6 ¼ turn right ball step forward left, right
- 7&8 Step forward left, step right beside, step forward left

ROCK FORWARD BACK, SHUFFLE BACK RIGHT, ROCK BACK FORWARD, CROSS POINT SIDE

- 1-2 Rock forward right, replace back to left
- 3&4 Step right, step left back together, step back right
- 5-6 Rock back left forward right
- 7&8 Cross left over right, point right to right side,

RIGHT FLICK BALL CROSS, UNWIND ¾ RIGHT, STEP SIDE, ¾ TURNING STRUT, STRUT FORWARD

- 1&2 Flick right to right side, step back on right, cross left over right
- 3-4 Unwind ¾ right, step left to left side
- 5-6 ¾ right turning strut, touch right toe back turning right, weight to heel
- 7-8 Left toe heel strut forward,

½ PIVOT TURN LEFT, ½ LEFT RIGHT TRIPLE STEP, ROCK BACK FORWARD, FULL TURN FORWARD RIGHT

- 1-2 Step forward right ½ pivot turn left, replace weight to left
- 3&4-5-6 Turn ½ left right triple step on the spot, rock back left forward right
- 7-8 Full turn forward right ½ right step back left, ½ right step forward right

SYNC HIPS FORWARD LEFT-RIGHT-LEFT AND RIGHT-LEFT-RIGHT, ½ PIVOT RIGHT, ¼ RIGHT SIDE SHUFFLE LEFT

- 1&2 Step forward left pushing hips forward back forward
- 3&4 Step forward right pushing hips forward back forward,
- 5-6 Step forward left ½ pivot turn right, replace weight to right
- 7&8 ¼ right left side shuffle

REV TURN ½ RIGHT, LEFT CROSS SHUFFLE, SIDE ROCK REPLACE, ¼ RIGHT TURNING SAILOR

- 1-2 Touch right toe behind left and unwind ½ turn right
- 3&4-5-6 Cross shuffle left, right side rock replace weight to left
- 7&8 ¼ right turning sailor stepping right behind turn ¼ right step left to left, replace to right

LEFT FORWARD ROCKING CHAIR, ½ PIVOT TURN RIGHT, SHUFFLE FORWARD LEFT

- 1-2-3-4 Rock forward left back right, rock back left forward right
- 5-6 Step forward left ½ pivot turn right, weight to right

Restart from here on wall 3

- 7&8 Shuffle forward left

RIGHT FORWARD ROCKING CHAIR, ½ PIVOT TURN LEFT, ¾ LEFT TURNING RIGHT SHUFFLE

- 1-2-3-4 Rock forward right back left, rock back right forward left
- 5-6 Step forward right ½ pivot turn left
- 7&8 ¾ left shuffle back on right

REPEAT

TAG

End of wall 1 facing the back

1-2-3-4 Left side rock replace right, left cross rock replace right

5-6-7-8 Left side rock replace right, full turn right to side cross left over right turning $\frac{1}{2}$ right, step left together $\frac{1}{2}$ right

RESTART

On wall 3, restart at front after wall 54

ENDING

Repeat left shuffle forward with $\frac{1}{4}$ turn right stepping side left right together
