

Good Old Rock & Roll -

32 Counts 4 Walls With Tags & Restart

Level: High Beginner Dance moves CW

Choreographers: Adrian Helliker Nuline France & Annemaree Sleeth Australia (February 2015)

Music: Never Too Old – heartbeat <http://www.heartbeatduo.com.au>

Intro: 16 counts into track approx 6 seconds into track BPM 167

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1-8 V STEP OUT, OUT, IN, IN

1-2 Step R diag forward, step L diag forward

3-4 Step R diag back , step L together

5-6 Step R diag forward, step L diag forward

7-8 Step R diag back , step L together

9-16 HEEL SWIVELS R, HEEL SWIVELS L

1-2 Swivel heels R, swivels toes R

3-4 Swivel heels R, hold clap

5-6 Swivel heels L, swivels toes L

7-8 Swivel heels L, hold clap (wgt L)

Easier Option SIDE TOGETHER SIDE TOUCHES

1 -2 Step R side, step L together,

3-4 Step R side, touch L together

5-6 Step L side, step R together,

7-8 Step L side, touch R together (wgt L) #Restart Here

17-24 SIDE STRUT, CROSS STRUT, SCISSOR CROSS & HOLD

1-2 Point R toe to R side, drop R heel down,

3-4 Cross L toe over right, drop L heel down

5-6 Step R side, step L together,

7-8 Cross R over L , hold clap

25-32 SIDE STRUT, CROSS STRUT, ¼ R L COASTER

1-2 Point L toe to side, drop L heel down

3-4 Cross R toe over right, drop R heel down

5-6 Turn ¼ R Step L back, 3.00

7-8 Step R together , step L forward , hold

Tags end on walls 3, 4, 9, 10 hips right, left, right, left restart during wall 8 (9:00) your dance upto 16 counts and restart from beginning

1st. Tag wall 3 f – 9.00

2nd Tag wall 4 f – 12 .00

3rd Tag wall 9 f – 12 .00

4th Tag wall 10 f – 3 .00

to finish Step R forward , arms both out to side and pose facing (12:00)