

Good Old Rock and Roll

Music: Miss Goody Two Shoes by Bill Haniff, start 32 beats in on vocals

Teach To: Old Time Rock & Roll by Bob Seger & The Silver Bullet Band, start dance on word "off" after 2 sets of piano

CHOREOGRAPHED BY "HILLBILLY RICK"

RIGHT CROSS & 1/4 TURN LEFT, STEP BACK LEFT, STEP RIGHT LEFT RIGHT IN PLACE - LEFT CROSS STEP, STEP BACK RIGHT, STEP LEFT, RIGHT, LEFT IN PLACE (HAND MOVEMENTS FOR FUN STRUM A GUITAR DURING THESE 8 BEATS)

- 1 - 2 Cross Right Foot Over (In Front Of) Left While Making A Quarter Turn to Your Left On The Ball of your Left Foot and place weight on your Right foot- Step Back On Your Left Foot
- 3 & 4 Step in Place Right, Left, Right
- 5 - 6 Cross Left Over Right and Place Weight on Left Foot - Step Back on Right
- 7 & 8 Step in Place Left, Right, Left

STEP FORWARD RIGHT, 1/2 TURN LEFT, STEP FORWARD RIGHT, 1/2 TURN LEFT

- 1 - 2 Step Forward on your Right Foot - 1/2 Pivot Turn to Left (CCW), weight on the balls of your feet
- 3 - 4 Step Forward on your Right Foot - 1/2 Pivot Turn to Left (CCW), weight on the balls of your feet

RIGHT DIAGONAL SHUFFLE FORWARD, LEFT DIAGONAL SHUFFLE FORWARD, STEP FORWARD ON RIGHT, ROCK BACK ON LEFT

- 1 & 2 Shuffle Forward starting with your Right Foot at a 45 degree angle to your right (Right, Left, Right)
- 3 & 4 Shuffle Forward starting with your Left Foot at a 45 degree angle to your left (Left, Right, Left)
- 5 - 6 Step Forward with your Right Foot (Where's Forward? Wherever you want have Fun!) - Rock Back onto your Left

RIGHT DIAGONAL SHUFFLE BACKWARD, LEFT DIAGONAL SHUFFLE BACKWARD, STEP BACKWARD ON RIGHT, ROCK BACK FORWARD ON LEFT

- 1 & 2 Shuffle Backward starting with your Right Foot at a 45 degree angle to your right (Right, Left, Right)
- 3 & 4 Shuffle Backward starting with your Left Foot at a 45 degree angle to your left (Left, Right, Left)
- 5 - 6 Step Backward with your Right - Rock Forward onto your Left Foot

VINE RIGHT & SCUFF LEFT, VINE LEFT & SCUFF RIGHT ("ROLL" DO A ROLLING OR TURNING VINE DURING THE LEFT VINE IF YOU LIKE!)

- 1 - 2 Step to the Right on Right foot - Cross Left Foot Behind Right and step
- 3 - 4 Step to the Right on Right foot - Scuff Left Foot Forward
- 5 - 6 Step to the Left on Left foot (Start Rolling Vine if you wish) - Cross Right Foot Behind Left and step
- 7 - 8 Step to the Left on Left foot - Scuff Right Foot Forward

BEGIN AGAIN!

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