

# OLD TIME ROCK & ROLL

Triple Kick forward = Double step, double step, double step, & Kick.

Triple back = Double step, double step, double step, Rock step.

Repeat

2 crossovers = Double step, rock back, rock in front, rock back.

(First one starts on left foot, second on right) (all rock steps are on the same foot)

4 Double step kicks

4 basics

4 Heartbeats = Double step, heel out, toe in, heel out

4 basics = Around the room  $\frac{3}{4}$  1<sup>st</sup> time start over,  $\frac{1}{2}$  2<sup>nd</sup> time start over,  
 $\frac{1}{4}$  3<sup>rd</sup> time start over, Front of the room start over, back of the room,

**2 basics to the front to end.**