

OLD TIME ROCK AND ROLL

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RECORD: OLD TIME ROCK AND ROLL, Capitol 57797A or Capitol 4702
 Artist: Bob Seeger & The Silver Bullet Band
 Flip of: TURN THE PAGE (CAP 57797B) or SUNSPOT BABY (CAP 4702)
 Also on CD: Capitol 30334 BOB SEGER & THE SILVER BULLETS GREATEST HITS
 or LP SW11698 STRANGER IN TOWN

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) **Time@RPM:** 3:13@45 or comfort

RHYTHM: Jive RAL Phase IV + 2 [Neckslide, Stop and Go] + 2 [American Back Spin, Headpecks]

SEQUENCE: INTRO A B A B A End Beats Per Minute:124 Measures Per Minute: 31

MEAS:**INTRODUCTION****1 - 4 MAN FACING PARTNER & WALL NO HANDS JOINED WAIT 4 MEASURES;;;:**

- 1-2 Man fcg ptr & wall about 2 feet apt lead feet free no hnds jnd hnds positioned to the trail side as if resting on a keyboard ready to begin playing as the music begins pretend to play the piano moving hands from trail side to lead side shifting weight from trail foot to lead foot; Hold during the silence;
- 3-4 Pretend to play the piano moving hands from lead side to trail side as you shift weight from lead foot to trail foot; Hold during the silence join lead hands as the artist sings "Just take those old records";

PART A**1 - 8 LINK ROCK TO SCP ~ PRETZEL TURN ~ DOUBLE ROCK ~ CHASSE LEFT & RIGHT ~ JIVE WALKS;;;: ;;;:**

[Beginning with the word "off"]

{LINK RK TO SCP} Rk apt L, rec R, small trpl fwd L/cl R, fwd L leading W fwd; chasse sd R/cl L, sd R trng to SCP,**{PRTZL TRN}** Rk bk L, rec R; chasse sd & fwd L/cl R, fwd L releasing R hnd keeping M's L and W's R hnds jnd throughout figure trng 1/2 RF to bk to bk pos; chasse sd & fwd R/cl L, sd R trng 1/8 RF with jnd L & R hnds bhd bk; XLIF toward DLC in "V" bk to bk pos with R hnd extended fwd, rec R starting LF trn continue trng 1/8 to bk to bk pos, chasse sd L/cl R, sd L trng 1/2 LF to CP fcg wall; chasse sd R/cl L, sd R,**{DBL RK}** rk bk L, rec R; Rk bk L, rec R,**{CHASSE L&R}** Chasse sd L/cl R, sd L; chasse sd R/cl L, sd R,**{JV WLKS}** Rk bk L to SCP, rec R trng lady LF; trpl fwd L/cl R, fwd L, trng lady RF trpl fwd R/cl L, fwd R;**9 - 13 SWIVEL WALK 4; THROWAWAY; AMERICAN BACK SPIN ~ CHANGE HANDS BEHIND BACK:::**9 **{SWVL WLK 4}** SCP fcg LOD fwd L, XRIFL, fwd L, XRIFL (**W** swvl on L trng 1/4 LF stp fwd R, swvl on R trng 1/4 right stp fwd L, swvl on L trng 1/4 LF stp fwd R, swvl on R trng 1/4 RF stp fwd L);10 **{THRWY}** Trpl fwd L/cl R, fwd L lower jnd hnds leaning slightly left leading lady to trn left, continue trng LF trpl fwd R/cl L, fwd R trng LF releasing R hand end LOP fcg lady & LOD (**W** trpl fwd R/cl L, fwd R starting to trn LF, cont trng LF trpl bk L/cl R, bk L endg LOP fcg RLOD);11-13**{AMERICAN BK SPN}** Rk apt L, rec R releasing jnd hnds and spinning 1/2 RF (**W** does not trn) to end bth fcg RLOD w/ M in front of W, chasse in place L/R, L spinning 1/2 LF on last stp to fc LOD; chasse in pl R/L, R to end in LOP fcg LOD (**W** rk apt R, rec L, chasse in place R/L, R placing R hnd on M's bk and commence RF spn on last stp by pushing off M's bk, cont RF spn L/R, L to end LOP fcg ptr and RLOD),**{CHG HNDS BHD BK}** Rk bk L, rec R; trpl slightly fwd L/cl R, L starting LF trn place M's R hnd over W's R hnd releasing M's L hnd hold, chasse R/cl L, R chg W's R hand into M's L hnd

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behind man's back completing 1/2 LF trn to LOP fcg M fcg RLOD (**W** rk bk R, rec L, trpl fwd R/cl L, R starting RF trn; continue trng RF chasse L/cl R, L completing 1/2 RF trn to LOP FCG W fcg M & LOD);

14 - 16 LINK ROCK TO WALL ~ FALLAWAY THROWAWAY FACE LOD;;;

14-16{**LINK RK TO WALL**} Rk apt L, rec R, small trpl fwd L/cl R, fwd L leading W fwd to CP; chasse sd R/cl L, sd R trng 1/4 LF during the chasse to end fcg wall, **{FALWY THRWY FC LOD}** Rk bk L trng 1/8 LF to SCP, rec R; trpl fwd L/cl R, fwd L trng LF 1/8, trpl fwd R/cl L, fwd R lowering hnds leading W LF to LOP FCG endg M fcg LOD (**W** rk bk R trng 1/8 RF to SCP, rec L; trpl fwd R/ cl L, R trng LF 3/8 to fc RLOD, trpl bk L/cl R, bk L endg in LOP FCG);

17 - 19 CHICKEN WALKS 4 QUICK; 2 SLOW TO DOUBLE HAND HOLD; HEAD PECKS;

- 17 **{CHKN WLKS 4 QK}** With lead hnds jnd M's left arm braced & arm bent & close to his body slightly trng wrist to L while leading W fwd bk L a small stp keeping knees close tog, bk R while trng wrist to R, bk L trng wrist to L, bk R trng wrist to R (**W** as M trns W's wrist to her R swvl on L ft trng RF & stp fwd on R, as M trns W's wrist to her L swvl on R ft trng LF & stp fwd on L, as M trns W's wrist to her R swvl on L ft trng RF & stp fwd on R, as M trns W's wrist to her L swvl on R ft trng LF & stp fwd on L);
- 18 **{CHKN WLKS 2 SLO TO DBL HND HOLD}** bk L trng wrist to L, -, bk R trng wrist to R blending to dbl hnd hold at waist, -, (**W** as M trns W's wrist to her R swvl on L ft trng RF, stp fwd on R, as M trns W's wrist to her L swvl on R ft trng LF, stp fwd on L to dbl hnd hold at waist);
- 19 **{HEADPECKS}** With hnds lowered at waist head up and neck bk in CP fwd L rising to an upright position maintaining weight on L bend R knee and raise R foot up so calf of R leg is parallel to floor keeping toes pointed toward floor extend head fwd and slightly to L like a chicken pecking, close R to L while returning head to CP, maintain weight on R bend L knee and raise L foot up so calf of L leg is parallel to floor keeping toes pointed toward floor extend head fwd and slightly to R side like a chicken pecking, touch L to R while returning head to CP (**W** with head up and neck bk in CP fwd R rising to an upright position maintaining weight on R bend L knee and raise L foot up so calf of L leg is parallel to floor keeping toes pointed toward floor extend head fwd and slightly to L like a chicken pecking, close L to R while returning head to CP, maintain weight on L bend R knee and raise R foot up so calf of R leg is parallel to floor keeping toes pointed toward floor extend head fwd and slightly to R side like a chicken pecking, touch R to L while returning head to CP);

20 - 24 WINDMILL TWICE ~ STOP AND GO TO DOUBLE HAND HOLD;;;;

- 20-22{**WINDMILL 2X**} With dbl hnd hold rk bk L, rec R extending both arms out to BFLY with trail arms lower and lead arms slightly higher than shoulder level, fwd L/cl R, fwd L trng 1/4 LF; bring arms to level BFLY chasse sd R/cl L, sd R trng 1/4 LF to end fcg RLOD (**W** rk bk R, rec L trng 1/4 LF, sd R/cl L, sd R trng 1/4 LF to fc LOD; sd L/cl R, sd L), **{2x}** BFLY rk bk L, rec R, fwd L/cl R, fwd L trng 1/4 LF; sd R/cl L, sd R trng 1/4 LF to end fcg LOD (**W** rk bk R, rec L trng 1/4 LF, sd R/cl L, sd R trng 1/4 LF to fc RLOD; sd L/cl R, sd L);
- 23 **{STOP AND GO TO BFLY}** Rk bk L, rec R, trpl fwd L/cl R, fwd L trng W 1/2 LF undr jnd L & R hnds to M's R sd lower jnd hnds in front of W & place M's R hnd on W's L shldr blade (**W** rk bk R, rec L, trpl fwd R/cl L, fwd R trng 1/2 LF undr jnd hnds to M's right sd endg fcg LOD);
- 24 Ck fwd R, rec L, trpl bk R/cl L, bk R raising jnd hnds trng W 1/2 RF undr jnd hnds join M's R & W's L hnds to end in dbl hnd hold fcg LOD (**W** rk bk L, rec R, trpl fwd L/cl R, fwd L trng 1/2 RF undr jnd hnds join W's L and M's R hnds to end in dbl hnd hold fcg RLOD);

PART B**1 - 8 NECKSLIDE TO RLOD;; SWIVEL APART 4; TRIPLE WHEEL 5 To Fc COH ~ CHANGE HANDS BEHIND BACK FACE WALL; ;;;**

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- 1 **{NECK SLD TO RLOD}** Dbl hnd hold rk bk L, rec R toward W's R sd raise jnd hnds up & over heads, trpl fwd L/cl R, fwd L resting jnd hnds on R shldr endng with W on M's R sd (**W** dbl hnd hold rk bk R, rec L toward M's R sd raise jnd hnds up & over heads, trpl fwd R/cl L, fwd R resting jnd hnds on R shldr endng with W on M's R sd);
- 2 Over next 5 steps wheel 3/4 RF fwd R, fwd L, fwd R/cl L, fwd R endg M fcg RLOD (**W** over next 5 steps wheel 3/4 RF fwd L, fwd R, fwd L/cl R, fwd L endg W fcg LOD);
- 3 **{SWVL APT 4}** Release hnds & allow M's & W's right hand to slide down ptr's R arm while swiveling apt with feet tog & weight over heels keep heels on floor & move toes of both feet to L 1/8, leave toes on floor & move both heels to L 1/8, keep heels on floor & move toes of both feet to L 1/8, leave toes on floor & move both heels to L 1/8 (**W** with feet tog & weight over heels keep heels on floor & move toes of both feet to L 1/8, leave toes on floor & move both heels to L 1/8, keep heels on floor & move toes of both feet to L 1/8, leave toes on floor & move both heels to L 1/8) endg with jnd R hnds in handshake hold;
- 4 **{TRPL WHEEL 5 FC COH}** Rk bk L, rec R lead W fwd twd R sd, wheel RF fwd L/cl R, fwd L trng RF while trng W LF & touch W's bk with L hand (**W** rk bk R, rec L trng 1/4 LF twd M's R sd, wheel RF sd R/cl L, sd R trng 1/2 RF);
- 5 Continue RF wheel sd R/cl L, sd R trng LF while trng W RF, continue RF wheel fwd L/cl R, fwd L trng RF while trng W LF & touch W's bk with L hand (**W** continue RF wheel fwd L/cl R, fwd L trng 1/2 LF twd ptr & tch M's bk with W's L hnd, continue to wheel RF sd R/cl L, sd R trng 1/2 RF);
- 6-7 1/2 Continue RF wheel sd R/cl L, sd R trng LF while trng W RF, continue RF wheel fwd L/cl R, fwd L trng RF while trng W LF & touch W's bk with L hand leading W to spin RF (**W** continue RF wheel fwd L/cl R, fwd L trng 1/2 LF twd ptr & tch M's bk with W's L hnd, continue to wheel RF sd R/cl L, sd R spinning RF on R foot to fc ptr); chasse almost in place R/L, R endg fcg COH (**W** sd L/cl R, sd L endg fcg wall),
- 7 1/2 **{CHG HND BHD BK FC WALL}** Rk bk L, rec R; triple slightly fwd L/R, L starting LF trn place M's R hand over W's R hand releasing M's L hand hold, chasse R/cl L, R chg W's R hand into M's L hand behind M's back completing 1/2 LF trn to LOP FCG M fcg wall (**W** rk bk R, rec L, trpl fwd R/L, R starting RF trn; continue trng RF chasse L/R, L completing 1/2 RF trn to LOP FCG W fcg M & COH);

END**1 - 4 SAILOR SHUFFLE; TWICE; CHANGE HANDS BEHIND BACK TO CP COH ~ ROCK REC.;**

- 1-2 **{SAILOR SHFFL 2X}** XLib/sd R, sd L, XRib/sd L, sd R; XLib/sd R, sd L, XRib/sd L, sd R;
- 3-4 **{CHG HND BHD BK TO CP COH}** Rk bk L, rec R; trpl slightly fwd L/cl R, fwd L starting LF trn place M's R hand over W's R hand releasing M's L hand hold, chasse R/cl L, R chg W's R hand into M's L hand behind M's back completing 1/2 LF trn to end in CP M fcg COH (**W** rk bk R, rec L, trpl fwd R/cl L, fwd R starting RF trn; continue trng RF chasse L/cl R, L completing 1/2 RF trn to end in CP W fcg wall);
- {RK REC}** Rk apt L, rec R (**W** Rk apt R, rec L;

5 - 7 STEP KICK TWICE; AWAY KICK FACE CLOSE; JUMP APART & SNAP.;

- 5 **{STP KCK 2X}** Fwd L, kick R fwd between W's legs, in place R, kick L outside W's R leg (**W** fwd R, kick L fwd outside M's R leg, in place L, kick R fwd between M's legs);
- 6 **{AWY KCK FC CL}** Sd L trng 1/4 LF, kick R thru to RLOD, trng 1/4 RF sd R to fc W, cl L to R (**W** sd R trng 1/4 RF, kick L thru to RLOD, trng 1/4 LF sd L to fc M, cl R to L);
- 7 **{JUMP APT & SNAP}** With weight on both feet bend knees, quickly straighten legs while pushing into floor with the toes to cause a backward jump apart leaning upper body forward raising elbows to slightly below shoulder level hands directly above elbows and snap at the same moment feet touch the floor on the jump,