

All Time Rock

Count: 32

Wall: 2

Level: Absolute Beginner



Choreographer: Lyndsay Eotvos (AUS) - May 2025

Music: Old Time Rock & Roll - Bob Seger

ECS Binaire – 124 bpm

Grapevine Right, Grapevine Left with ¼ Turn Left

- 1–4 Step right to side, step left behind right, step right to side, touch left beside right
5–7 Step left to side, step right behind left, step left ¼ turn left (face 9:00)
8 Touch right beside left

Step Touch x4 Turning ¼ Left to Face 2nd Wall

- 1–2 Step right forward on slight diagonal, touch left beside right
3–4 Step left forward turning slightly left, touch right beside left
5–6 Step right forward continuing to turn left, touch left beside right
7–8 Step left forward -nishing ¼ turn to face 6:00, touch right beside left 6h00

Two Rocking Chairs

- 1–2 Rock forward on right, recover onto left
3–4 Rock back on right, recover onto left
5–6 Rock forward on right, recover onto left
7–8 Rock back on right, recover onto left

Heels with Quick Change and Claps

- 1–2 Touch right heel forward, step right beside left
3–4 Touch left heel forward, step left beside right
5–6–7 Touch right heel, then left heel, then right heel (quick changes on each count)
&8 Clap, clap