

Funky Sole

Count: 64

Wall: 4

Level: **Easy Intermediate**

Choreographer: Robbie McGowan Hickie & Karl-Harry Winson (UK) Feb 2017

Music: "Old Time Rock & Roll" by Michael Bolton (122 bpm) CD: "Songs Of Cinema" - iTunes & www.amazon.co.uk

#16 Count intro

S1: FORWARD ROCK. & HEEL SWITCHES. & STEP. PIVOT 1/2 TURN RIGHT. STEP. PIVOT 1/2 TURN RIGHT.

- 1 – 2 Rock forward on Right. Rock back on Left.
&3&4 Step back on Right. Dig Left heel forward. Step Left back to place. Dig Right heel forward.
&5 – 6 Step Right back to place. Step forward on Left. Pivot 1/2 turn Right.
7 – 8 Step forward on Left. Pivot 1/2 turn Right.

Easier Option: Counts 5 – 8 ... Left Rocking Chair

S2: CROSS ROCK. SYNCOPATED TOUCH X 2. 1/4 TURN LEFT. 1/2 TURN LEFT. SIDE ROCK 1/4 TURN LEFT.

- 1 – 2 Cross rock Left over Right. Rock back on Right.
&3 Step Left Diagonally back to Left side. Touch Right beside Left.
&4 Step Right Diagonally back to Right side. Touch Left beside Right.
5 – 6 Make 1/4 Left stepping forward on Left. Make 1/2 turn Left stepping back on Right.
7 – 8 Make 1/4 Left Rocking Left to Left side. Recover weight on Right. (Facing 12 o'clock)

S3: BEHIND. SIDE. LEFT CROSS SHUFFLE. RIGHT SIDE ROCK. RIGHT SAILOR 1/4 TURN RIGHT.

- 1 – 2 Cross Left behind Right. Step Right to Right side.
3&4 Cross step Left over Right. Step Right to Right side. Cross step Left over Right.
5 – 6 Rock Right out to Right side. Recover weight on Left.
7&8 Make 1/4 turn Right stepping back on Right. Step Left beside Right. Step forward on Right.

S4: FORWARD ROCK. & BACK. BACK. 1/4 TURN RIGHT. POINT. 1/4 TURN LEFT. POINT.

- 1 – 2 Rock forward on Left. Rock back on Right. (Facing 3 o'clock)
&3 – 4 Step Left beside Right. Step back on Right. Step back on Left.
5 – 6 Make 1/4 turn Right stepping Right to Right side. Point Left toe out to Left side.
7 – 8 Make 1/4 turn Left stepping Left beside Right. Point Right toe out to Right side.

S5: CROSS. SIDE. RIGHT SAILOR. CROSS. SIDE. LEFT SAILOR 1/4 TURN LEFT.

- 1 – 2 Cross step Right over Left. Step Left to Left side.
3&4 Cross Right behind Left. Step Left to Left side. Step Right to Right side.
5 – 6 Cross step Left over Right. Step Right to Right side.
7&8 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left.

S6: STEP FORWARD. HOLD AND CLAP. & STEP FORWARD. SCUFF UP. 2 X WALKS BACK. LEFT COASTER CROSS.

- 1 – 2 Step forward on Right. Hold and Clap. (Facing 12 o'clock)
&3 – 4 Step ball of Left beside Right. Step forward on Right. Scuff Left forward raising Left knee up.
5 – 6 Walk back on Left. Walk back on Right.
7&8 Step back on Left. Step Right beside Left. Cross step Left over Right.

S7: SIDE STEP RIGHT. BEHIND. & CROSS ROCK. CHASSE 1/4 TURN LEFT. STEP. PIVOT 1/2 TURN LEFT.

- 1 – 2 Step Right to Right side. Cross Left behind Right.
- &3 – 4 Step ball of Right to Right side. Cross rock Left over Right. Rock back on Right.
- 5&6 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.
- 7 – 8 Step forward on Right. Pivot 1/2 turn Left. (Facing 3 o'clock)

S8: FORWARD ROCK. 2 X 1/2 TURNS RIGHT. BACK ROCK. 2 X 1/2 TURNS LEFT.

- 1 – 2 Rock forward on Right. Rock back on Left.
- 3 – 4 Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left.
- 5 – 6 Rock back on Right. Rock forward on Left.
- 7 – 8 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left.

Start Again

