

Movin' and Groovin'

COPPER KNOB
STEPSHEETS

Count: 48

Wall: 2

Level: High Beginner

Choreographer: Gwen Walker (USA) - February 2024

Music: Movin' and Groovin' - Sam Cooke



#16 count intro - No Tags or Restarts

[1-8] R lock steps forward, brush, Vine L with cross.

1-4 Step R forward slight diagonal, lock L behind R, step R forward, brush L beside R
5-8 Step L to left side, step R behind L, step L to side, cross step R over L

[9-16] Rock L side, recover R ¼, L step forward. Brush R, Jazz box cross

1-4 Rock L to left side, recover R ¼ turn right, step L forward, brush R beside L (3:00)
5-8 Cross step R over L, step L back, step R to right side, cross step L over R.

[17-24] Rock Recover Cross Hold, R, L

1-4 Rock R to right side, recover to L, step R forward in front of L, Hold
5-8 Rock L to left side, recover to R, step L forward in front of R, Hold (3:00)

[25-32] Step R forward, touch L, Step L Forward, touch R, sway R,L,R,L

1-2 Step R forward at right diagonal, touch L beside R
3-4 Step L forward at left diagonal, touch R beside L
5-8 Sways hips, R, L, R, L (3:00)

(styling: soft knees, the songs say swishing and swaying)

[33-40] R rocking chair, ¼ montrey

1-4 Rock forward on R, recover L, rock back on R, recover to L
5-8 Touch R to right side, turn ¼ right, stepping on R beside L, touch L to left side, step on L beside R (6:00)

[41-48] R side triple, L rock recover, L side triple, R rock recover

1&2 Step R to right side, step L beside R, step R to right side
3-4 Rock L behind R, recover to R
5&6 Step L to left side, step R beside L, step L to left side
7-8 Rock R behind L, recover to L (6:00)

Have Fun

Dance From the Heart with JOY!!!!

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