

Movin' and a Groovin'

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Jo Thompson Szymanski (USA) - September 2016
音乐: Movin' and a Groovin' - Eugene Hideaway Bridges : (iTunes, amazon)



Intro: quick intro – &6&7&8 – start on the word “I” (No Tags Or Restarts)

[1-8] □ FORWARD ROCK, RECOVER, COASTER STEP, TOE STRUT/HIPS, KICK BALL STEP

1-2 Rock R forward (1); Recover on L (2)
3&4 Step R back (3); Step L beside R (&); Step R forward (4)
5&6 Place L toe forward - hips left (5); Hips center (&); Drop L heel - hips left (6)
7&8 Kick R forward (7); Step ball of R beside L (&); Step L forward (8) (12:00)

[9-16] □ FORWARD ROCK, RECOVER, R TRIPLE BACK R, L TRIPLE BACK, & TOUCH, STEP

1-2 Rock R forward (1); Recover on L (2)
3&4 Step R back (3); Step L beside R (&); Step R back (4) (Angle body right during triple)
5&6 Step L back (5); Step R beside L (&); Step L back (6) (Angle body left during triple)
&7 Step R back (&); Touch ball of L beside R bringing L knee across (7) (Angle body right)

Styling: You may also bend R knee slightly on count 7 like a small sit.

8 Square up to 12:00 stepping L forward (8) (12:00)

[17-24] □ DIAGONAL SWAY R, SWAY L, R SIDE TRIPLE (CHASSE), SAILOR L, SAILOR R

1 Facing 10:30: Step R to right toward 1:30 bending knees sway hips right (1)
2 Shift weight to L hips sway left (2)
3&4 Square up to 12:00 - Step R to right (3); Step L beside R (&); Step R to right (4)
5&6 Step L behind R (5); Step R to right (&); Step L to left (6)
7&8 Step R behind L (7); Step L to left (&); Step R to right (8) (12:00)

[25-32] □ CROSS ROCK, RECOVER, TRIPLE L TURNING 1/4 L, 1/4 PIVOT TURNS X 2 w/ HIPS

1-2 Rock L across R (1); Recover on R (2)
3&4 Step L to left (3); Step R beside L (&); Turn 1/4 left stepping L forward (4) (9:00)
5-6 Step R forward (5) Turn 1/4 left shifting weight to L (6)
7-8 Step R forward (7); Turn 1/4 left shifting weight to L (8) (3:00)

Styling for counts 5-8: Circle hips counterclockwise on each 1/4 turn.

[33-40] □ CROSS, POINT, CROSS, POINT, JAZZ BOX

1-2 Cross R over L (1); Point L to left (2)
3-4 Cross L over R (3); Point R to right (4)
5-8 Cross R over L (5); Step L back (6); Step R to right (7); Cross L over R (8) (3:00)

[41-48] □ STEP, TOUCH, STEP TOUCH, & KICK & KICK & DOUBLE KICK, &

1-2 Step R to right (roll/snake body right to end body angled left) (1); Touch L in place (2)
3-4 Step L to left (roll/snake body left to end body angled right) (3); Touch R in place (4)
&5 Square up to 3:00 - Step R beside L (&) Kick L forward (5)
&6 Step L beside R (&); Kick R forward (6)
&7&8 Step R beside L (&); Kick L forward (7); Bend L knee slightly (&), Kick L forward again (8)
& Step L beside R (&) (3:00)

BEGIN AGAIN! ENJOY!

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