

# Movin' and Groovin'

COPPER KNOB  
STEPSHEETS

拍数: 48                      墙数: 2                      级数: High Beginner  
编舞者: Gwen Walker (USA) - February 2024  
音乐: 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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