

# Movin' And A Groovin'

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
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音乐: Moovin And A Groovin' - Eugene 'Hideaway' Bridges



## SKATE, SKATE, SHUFFLE, ROCKING CHAIR

1-2            Slide/step right diagonally forward right, slide/step left diagonally forward left  
3&4           Step right forward, step left up to right, step right forward, (shuffle)  
5-6           Rock/step left forward, recover weight on to right  
7-8           Rock/step left back, recover weight on to right

## SIDE, BEHIND, ¼ TURN STEP, SIDE, SAILOR STEP, SAILOR STEP

1-2            Step left to left side, step right behind left  
3-4            Turning ¼ turn left step left forward, step right to right side  
5&6           Step left behind right, step right to right side, step left to left side (sailor step)  
7&8           Step right behind left, step left to left side, step right to right side (sailor step)

## FORWARD, BACK, COASTER STEP, HEEL BALL CROSS, HEEL BALL CROSS

1-2            Rock/step left forward, recover on to right  
3&4           Step left back, step right next to left, step left forward  
5&6           Touch right heel diagonally right, step ball of right next to left, step left across in front of right  
7&8           Touch right heel diagonally right, step ball of right next to left, step left across in front of right

## MONTEREY ½ RIGHT, FORWARD, BACK, TOGETHER, FORWARD, BACK, TOGETHER

1-2            Point right toe to right side, turning ½ turn right step right next to left  
3-4            Point left toe to left side, step left next to right  
5-6&          Rock/step right forward, recover on to left, step right next to left  
7-8&          Rock/step left forward, recover on to right, step left next to right

**REPEAT**

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