

Movin' And A Groovin'

拍数: 32 墙数: 4 级数: Improver
编舞者: June Hulcombe (AUS) & Barbara Willshire (AUS)
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
