

# A-Movin' & A-Groovin'

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Jon Levant (USA) & Gail Levant (USA)  
音乐: Boogie Woogie Baltimore - The Charlie Daniels Band



This dance is dedicated to the members of Los Abuelos Locos Country Dancers.

## TOE, HEEL, CROSS-BALL-CROSS

1-2            Turn right toe in and touch next to left instep, turn right heel in and touch next to left instep  
3&4            Cross right foot in front of left foot, step left foot left, cross right foot in front of left foot

## TOE, HEEL, KICK-BALL-CHANGE

5-6            Turn left toe in and touch next to right instep, turn left heel in and touch next to right instep  
7&8            Kick left foot straight ahead, step on ball of left foot, step right foot in place

## ROCK STEP, COASTER STEP

1-2            Rock forward onto left foot, rock back onto right foot  
3&4            Step left foot back, step right foot next to left foot, step left foot forward

## PIVOT TURN, SHUFFLE FORWARD

5-6            Step right foot forward, turn ½ turn left onto left foot  
7&8            Step right foot forward, step left foot next to right foot, step right foot forward

## CHARLESTON STEP

1-2            Step left foot forward, kick right foot straight ahead  
3-4            Step right foot back, touch left toe back with left leg fully extended

## STEP, KICK, STOMP, STOMP

5-6            Step left foot forward, kick right foot straight ahead  
7-8            Stomp right foot, stomp left foot next to right foot

## SIDE, TOGETHER, SCISSOR STEP

1-2            Step right foot to right, step left foot next to right foot  
3&4            Step right foot to right, step left foot next to right foot, cross right foot over left foot

## SIDE, TOGETHER, SCISSOR STEP

5-6            Step left foot to left, step right foot next to left foot  
7&8            Step left foot to left, step right foot next to left foot, cross left foot over right foot

**REPEAT**

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