

Move & Groove 2 (M&G2)

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Count: 48

Wall: 1

Level: Advanced Beginner

Choreographer: Dick Rogers (July 2018)

Although music with strong beats and tempo of 95-115 bpm work well.

A therapy dance that can be done with or without music

Note: "Sitting is the new smoking", so say reports. It is now accepted that movement is beneficial and helps avoid the negative effects of sitting and inactivity. If you move your feet and body to a rhythm, then you are grooving, and grooving is dancing, and your body and mind will feel better for it. The even rhythm stepping of this dance can be done with or without music. Walking tempo is a good speed to start with, but the tempo can be faster, slower or varied as desired, or done to the beat of your favorite music. Steps can be varied as well, from very small, to full paces, plus styling can be added as the spirit moves you and the situation allows. Move & Groove 2 (M&G2) is a longer version of Move & Groove 1 (M&G1) that also includes turns. Therefore, it is best suited to public dance situations, or in the privacy of your own home or office.

Starting Position: Stand upright with feet slightly apart, knees slightly bent, weight slightly forward on balls of feet.

Abbreviations: R = right; L = left; LF = left foot; RF = right foot; FWD = forward

STEP AND SHIFT WEIGHT L, R, L, R, L, R, L, R (VARIATION: SLOW FULL TURN L OR R ON THE SPOT)

- 1,2** Step and shift weight to LF, step and shift weight to RF
- 3,4** Step and shift weight to LF, step and shift weight to RF
- 1-4** Repeat

ROCK BACK, FORWARD, FORWARD, BACK, BACK, FORWARD, FORWARD, BACK

- 1,2** Small rock step back on LF, recover by transferring weight FWD to RF
- 3,4** Small rock step FWD on LF, recover by transferring weight back to RF
- 1-4** Repeat

STEP SIDE, BEHIND, CROSS, SIDE, BEHIND, CROSS, SIDE, TOGETHER

- 1,2** Small step L on LF, step RF behind LF with instep of RF close to heel of LF
- 3,4** Small LF step across RF, small step R on RF
- 1,2** Step LF behind RF with instep of LF close to heel of RF, small RF step across LF
- 3,4** Small step L on LF, step RF close to RF with weight

ROCK BACK, FWD, FWD ¼ TURN R, TOGETHER, BACK, FWD, FWD ¼ TURN R, TOGETHER

- 1,2** Small rock step back on LF, recover by transferring weight FWD to RF
- 3,4** Small step FWD on LF with ¼ turn R, step RF next to LF
- 1-4** Repeat

ROCK BACK, FWD, FWD ¼ TURN L, TOGETHER, BACK, FWD, FWD ¼ TURN L, TOGETHER

- 1,2** Small rock step back on LF, recover by transferring weight FWD to RF
- 3,4** Small step FWD on LF across RF with ¼ turn L, step RF next to LF
- 1-4** Repeat

ROCK BACK, FWD, FWD ½ TURN L, TOGETHER, BACK, FWD, FWD ½ TURN L, TOGETHER

- 1,2** Small rock step back on LF, recover by transferring weight FWD to RF
- 3,4** Small step FWD on LF and pivot ½ R, step RF next to LF
- 1-4** Repeat

REPEAT

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