

# MOVIN' AND A GROOVIN'

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**Count:** 32      **Wall:** 4      **Level:** beginner/intermediate

**Choreographer:** June Hulcombe & Barbara Willshire

**Music:** Moovin And A Groovin' by 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