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| Movin' and a Groovin' |  |

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| . |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Jo Thompson Szymanski (USA) - September 2016 |
| **Music:** | Movin' and a Groovin' - Eugene Hideaway Bridges : (iTunes, amazon) |
| . |

**Intro: quick intro – &6&7&8 – start on the word “I” (No Tags Or Restarts)**

**[1-8] FORWARD ROCK, RECOVER, COASTER STEP, TOE STRUT/HIPS, KICK BALL STEP**

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| --- | --- |
| 1-2 | Rock R forward (1); Recover on L (2) |

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| --- | --- |
| 3&4 | Step R back (3); Step L beside R (&); Step R forward (4) |

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| --- | --- |
| 5&6 | Place L toe forward - hips left (5); Hips center (&); Drop L heel - hips left (6) |

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| --- | --- |
| 7&8 | Kick R forward (7); Step ball of R beside L (&); Step L forward (8) (12:00) |

**[9-16] FORWARD ROCK, RECOVER, R TRIPLE BACK R, L TRIPLE BACK, & TOUCH, STEP**

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| --- | --- |
| 1-2 | Rock R forward (1); Recover on L (2) |

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| --- | --- |
| 3&4 | Step R back (3); Step L beside R (&); Step R back (4) (Angle body right during triple) |

|  |  |
| --- | --- |
| 5&6 | Step L back (5); Step R beside L (&); Step L back (6) (Angle body left during triple) |

|  |  |
| --- | --- |
| &7 | Step R back (&); Touch ball of L beside R bringing L knee across (7) (Angle body right) |

**Styling: You may also bend R knee slightly on count 7 like a small sit.**

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| --- | --- |
| 8 | Square up to 12:00 stepping L forward (8) (12:00) |

**[17-24] DIAGONAL SWAY R, SWAY L, R SIDE TRIPLE (CHASSE), SAILOR L, SAILOR R**

|  |  |
| --- | --- |
| 1 | Facing 10:30: Step R to right toward 1:30 bending knees sway hips right (1) |

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| --- | --- |
| 2 | Shift weight to L hips sway left (2) |

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| --- | --- |
| 3&4 | Square up to 12:00 - Step R to right (3); Step L beside R (&); Step R to right (4) |

|  |  |
| --- | --- |
| 5&6 | Step L behind R (5); Step R to right (&); Step L to left (6) |

|  |  |
| --- | --- |
| 7&8 | Step R behind L (7); Step L to left (&); Step R to right (8) (12:00) |

**[25-32] CROSS ROCK, RECOVER, TRIPLE L TURNING 1/4 L, 1/4 PIVOT TURNS X 2 w/ HIPS**

|  |  |
| --- | --- |
| 1-2 | Rock L across R (1); Recover on R (2) |

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| 3&4 | Step L to left (3); Step R beside L (&); Turn 1/4 left stepping L forward (4) (9:00) |

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| 5-6 | Step R forward (5) Turn 1/4 left shifting weight to L (6) |

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| --- | --- |
| 7-8 | Step R forward (7); Turn 1/4 left shifting weight to L (8) (3:00) |

**Styling for counts 5-8: Circle hips counterclockwise on each 1/4 turn.**

**[33-40] CROSS, POINT, CROSS, POINT, JAZZ BOX**

|  |  |
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| 1-2 | Cross R over L (1); Point L to left (2) |

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| --- | --- |
| 3-4 | Cross L over R (3); Point R to right (4) |

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| --- | --- |
| 5-8 | Cross R over L (5); Step L back (6); Step R to right (7); Cross L over R (8) (3:00) |

**[41-48] STEP, TOUCH, STEP TOUCH, & KICK & KICK & DOUBLE KICK, &**

|  |  |
| --- | --- |
| 1-2 | Step R to right (roll/snake body right to end body angled left) (1); Touch L in place (2) |

|  |  |
| --- | --- |
| 3-4 | Step L to left (roll/snake body left to end body angled right) (3); Touch R in place (4) |

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| --- | --- |
| &5 | Square up to 3:00 - Step R beside L (&) Kick L forward (5) |

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| --- | --- |
| &6 | Step L beside R (&); Kick R forward (6) |

|  |  |
| --- | --- |
| &7&8 | Step R beside L (&); Kick L forward (7); Bend L knee slightly (&), Kick L forward again (8) |

|  |  |
| --- | --- |
| & | Step L beside R (&) (3:00) |

**BEGIN AGAIN! ENJOY!**

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