

# Movin' And A Groovin'

**COPPER** KNOB  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** June Hulcombe (AUS) & Barbara Willshire (AUS)

**Music:** 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**

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